

# PASTURE AND PLENTY

JANUARY 10, 2022 | VEGETARIAN

## HOORAY, IT'S MONDAY!

Who doesn't want a little warming spice during these bitterly cold days? Our harissa-marinated tempeh is sure to help with that. Too much? Luckily there's a cooling citrusy and herby yogurt sauce to top it off! Next up is a veg-laden bowl of rice noodles, with nuoc cham, a Vietnamese dipping sauce that's equal parts sweet, sour, salty, savory and spicy. And rounding out the menu, we have everyone's (easy) favorite: risotto, chock-full of veg. Get excited!



### harissa-marinated tempeh with leeks, potatoes and yogurt sauce



### Vietnamese noodle salad with marinated tofu, nuoc cham and roasted peanuts



### butternut squash risotto with gigante beans, oyster mushrooms, greens and brown butter



## PRODUCER SPOTLIGHT

*We source our ingredients from local producers whenever possible. This week's meal kits feature ingredients from these amazing producers:*

Vitruvian Farms

Winterfell Acres

Raleigh's Hillside Farm

Sartori Cheese

## EXTRA GOODNESS

### cinnamon rum coffee cake

Instructions: Store at room temperature. Warm briefly in microwave or toaster oven. Enjoy!

Ingredients: AP flour, sugar, butter, egg, cornstarch, sour cream (cultured cream), rum, cinnamon, baking powder, salt.

Contains: *Wheat, egg, dairy, cinnamon, alcohol*

## WEEKLY MENU

Find our weekly menu and notes under "Kitchen Notes" on our website.

## SHARE THE LOVE

We love to see how your dishes turned out. Please tag us in your photos and use the hashtag #pastureandplenty. Don't forget, you can always add extra servings or items from our deli or farm-to-freezer case. Check our website to see the current inventory.



① THE COOK KIT

# harissa-marinated tempeh with leeks, potatoes and yogurt sauce

PREP &  
COOK TIME

50  
MINUTES

IN YOUR BAG

Tempeh

Potatoes

Sliced Leeks

Lemon Herb  
Yogurt Sauce

Harissa Marinade

Mixed Greens

Cranberry  
Vinaigrette

PAIR WITH

the minerally and  
acidic Mamete  
Prevostini  
Rosato Monroe  
or  
the light and  
slightly bitter  
Kranz Ferdinand  
Kölsch from  
Working Draft

- 1 Preheat the oven to 425°F. Peel potatoes if desired. Chop into bite-sized chunks, about 1" to 1.5" cubes. Lay tempeh flat on your cutting board. Cut into 4 even rectangles. Then slice each one in half horizontally, re-stack each half and cut into triangles. Repeat with the 3 remaining pieces.
- 2 Put the potatoes in a large bowl. Season with salt and pepper. Pour half of the harissa marinade\* over potatoes; toss to combine.
- 3 Arrange the veg in a single layer on a large rimmed baking sheet; roast for 25 minutes in the preheated oven.
- 4 Meanwhile, add the tempeh pieces and sliced leeks to the marinade bowl. Season with salt and pepper; toss with remainder of marinade. Allow to marinate for 20 to 25 minutes.
- 5 Take the baking sheet out, stir the potatoes. Add the tempeh, leeks and remaining marinade. Roast until the everything is golden and slightly crisped, 15 to 20 minutes longer. After about 10 minutes, stir for a last time and flip the tempeh.
- 6 Right before the tempeh and veg finishes cooking, toss the mixed greens with the cranberry vinaigrette.
- 6 Plate the tempeh and vegetables, dollop the lemon herb yogurt sauce over top, and serve the greens alongside. Enjoy!

**Tempeh:** Cultured organic soybean, water **Lemon Herb**

**Yogurt Sauce:** Yogurt (milk, milk protein concentrate,

cultures), milk, lemon, dill, mint, salt, pepper **Harissa**

**Marinade:** Olive oil, white wine vinegar, guajillo chile, ancho chile, pasilla chile, cumin, coriander, caraway, salt, pepper

**Cranberry Vinaigrette:** Sunflower oil, olive oil, cranberry, red wine vinegar, dijon, shallot, honey, thyme, orange, salt, pepper

*Contains: Dairy, soy*

*\*To moderate the spice level, feel free to use only a portion of the harissa marinade. Not sure how spicy it is? Taste a little first!\**

② READY-TO-EAT

# Vietnamese noodle salad with marinated tofu, nuoc cham and roasted peanuts

Heat a splash of olive oil in a skillet over medium heat, and reheat tofu until warmed through and crisping on the edges, turning once, about 3 minutes per side.

Meanwhile, give noodles a stir to redistribute dressing.

Divide noodles onto individual serving plates. Top with peanuts and tofu; drizzle with nuoc cham (to taste).

**Marinated Roasted Tofu:** Tofu (Water, soybeans, calcium sulfate, glucono delta lactone, calcium chloride), soy sauce, garlic, ginger, scallion, rice vinegar **Vietnamese Noodle Salad:** Vermacelli noodle (rice, water), carrot, cucumber, radish, sesame oil, mint, cilantro **Nuoc Cham:** Water, lime, lemon, soy sauce, garlic, sugar, thai chile **Roasted Peanuts (optional):** Peanuts

*Contains: Wheat, peanut (optional), soy, sesame*

③ FARM-TO-FREEZER

# butternut squash risotto with gigante beans, oyster mushrooms, greens and brown butter

See for ingredients and reheating instructions.



We are a local meal kit service, restaurant, deli and event space serving Wisconsin-grown goodness for breakfast & lunch Tues - Fri, weeknight dinner, Friday fish fry, Saturday brunch and Sunday workshops and community events.

GET IN TOUCH

2433 University Avenue

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M 3:30pm-7:30pm T-F 11am-7pm  
SAT 9am-1pm