

# PASTURE AND PLENTY

OCTOBER 3, 2022 | VEGETARIAN

## HOORAY, IT'S MONDAY!

We're here with a delicious line up of meals to make your week easy and stress-free. Think: the tastiest, fresh ramen noodles with alllll the stir-fried veg; a nutty, rich and creamy Circassian salad with fall greens; and everyone's fave, smothered burritos with green chile sauce! A great mix of flavors and textures next week, y'all. Add in a little chocolate chia pudding and what more could you ask for?



**red curry garlic oil noodles**  
with marinated tofu and stir-fried  
shredded vegetables and mushrooms



**Circassian white bean salad**  
with walnut sauce over greens



**smothered black bean sweet  
potato burritos** with salsa verde



### PRODUCER SPOTLIGHT

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

Elderberry Hill Farm

Vitruvian Farm

Winterfell Acres

Crossroads Community Farms

Saffi Saana

### EXTRA GOODNESS

## chocolate chia pudding

Instructions: Keep refrigerated and enjoy within 5 days.

Ingredients: Coconut milk, chia seeds, cocoa powder, maple syrup, vanilla extract, salt, cacao nibs

Contains: Coconut, chocolate

### 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

**red curry garlic oil noodles** with marinated tofu and stir-fried shredded vegetables and mushrooms

PREP & COOK TIME

**20**  
MINUTES

IN YOUR BAG

Ramen Noodles

Red Curry Garlic Oil

Shredded Vegetables and Mushrooms

Marinated Tofu

PAIR WITH

the fresh and fruity Hunky Dory Sauvignon Blanc 2019

or

with the crisp and fruity Extra Blonde Ale from Giant Jones

- 1 Remove tofu from marinade and pat dry (so that it will sear nicely); cut into cubes. Preheat a large sauté pan over medium heat; once the pan is hot, add a layer of olive oil. Once the oil is shimmering, sear tofu cubes until warmed through and crisped on the edges, turning from side to side, about 2 minutes per side. Set tofu aside.
- 2 Next, heat another 1 to 2 tablespoons of oil in the same pan over medium-high heat until just beginning to smoke. Arrange mushrooms and shredded vegetables in skillet in a single layer and cook, undisturbed, until bottom sides are golden brown, about 3 minutes. Season with salt and pepper, stir mushrooms and vegetables, and continue to cook, stirring often and reducing heat as needed to avoid scorching, until golden brown all over, about 5 minutes more.
- 3 Meanwhile, prepare a pot of well-salted, boiling water; we recommend 4 quarts of water and 2 tablespoons of salt. Once the water is at a roiling boil, carefully place the noodles into the water. Stir immediately to prevent them from sticking together. Reduce the heat to a gentle boil to and cook for 2 to 3 minutes or until preferred al dente texture and drain well.
- 4 Put the sauté pan with the mushrooms and vegetables back on the burner on medium heat and add the red curry garlic oil. After a few seconds, add the noodles and tofu. Cook for a few minutes, tossing to coat everything evenly.
- 5 Divide noodles evenly onto plates and enjoy!

**Ramen Noodles:** Wheat flour, water, modified corn starch, corn starch, salt, egg white powder, potassium bicarbonate, potassium carbonate, sodium benzoate, riboflavin (vitamin B2)

**Red Curry Garlic Oil:** Sesame oil, soy sauce, red curry paste (red chile, lemongrass, ginger, garlic, makrut lime leaf, salt), ginger, red pepper flake, scallion, cilantro, basil, salt **Shredded Vegetables and Mushrooms:** Green cabbage, carrot, bell pepper, goddess pepper, shiitake mushroom **Marinated Tofu:** Tofu, soy sauce, sesame oil, garlic, honey, lime juice, water, red chile flake

*Contains: Sesame, soy, wheat, mushroom, egg*

② READY-TO-EAT

**Circassian white bean salad** with walnut sauce over greens

Spoon a generous portion of walnut sauce into a circle on each plate. Dip the tip of your spoon into the middle of the sauce and make a flourish across the plate.

Set mixed greens on top of the walnut sauce schmear; then, mound the Circassian salad in the middle of the greens.

Remove lid from Aleppo pepper butter jar. Cover with a papertowel and microwave until butter is melted, about 30 seconds or so. Give butter a brief stir and then drizzle over the top of each plate.

Enjoy!

**Circassian White Bean Salad:** White bean, walnut, sourdough bread, water, onion, garlic, lemon juice, parsley, salt, pepper **Vegetarian**

**Walnut Sauce:** Walnut, sourdough bread, water, onion, garlic, lemon juice, parsley, salt, pepper **Aleppo Pepper Butter:** Butter, Aleppo pepper, salt, pepper **Mixed Greens**

*Contains: Wheat, tree nut, milk*

③ FARM-TO-FREEZER

**smothered black bean sweet potato burritos** with salsa verde

See label 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