

PASTURE AND PLENTY

MARCH 6, 2023 | VEGETARIAN

HOORAY, IT'S MONDAY!

Get excited for a flavor packed menu this week, y'all. First up, a roasted tofu teriyaki rice bowl, with punchy garlic and ginger notes. Next is a salsa verde taco kit with loads of veggies and a bright tangy slaw. Followed up with a chunky, squash soup with coconut, curry and chickpeas! Add in some roasted carrot muffins with spicy sweet chunks of candied ginger and the week is looking GOOD!



roasted tofu and broccoli rice bowl with ginger-garlic teriyaki sauce and furikake



salsa verde taco kit with roasted root vegetables & oyster mushrooms and cilantro slaw



coconut curry squash soup



PRODUCER SPOTLIGHT

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

Bering Bounty
Vitruvian Farms
La Cosecha
Winterfell Acres
Saffi Saana

EXTRA GOODNESS

roasted carrot & ginger muffins

Instructions: Keep refrigerated. For best enjoyment reheat briefly before eating and enjoy within 3 days.

Ingredients: AP flour, carrots, sugar, butter, eggs, milk, orange, crystallized ginger, vanilla, olive oil, baking powder, baking soda, salt

Contains: Wheat, egg, milk

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

roasted tofu and broccoli rice bowl with ginger-garlic teriyaki sauce and furikake

PREP &
COOK TIME

45
MINUTES

IN YOUR BAG

Tofu

Brown Rice

Broccoli

Teriyaki Sauce

Furikake

PAIR WITH

the fresh and
fruity Hunky
Dory Sauvignon
Blanc 2019
or
with the hoppy
Fantasy Factory
IPA from
Karben4
Brewing

1 Arrange racks to the middle and bottom of the oven, and heat the oven to 425°F. You will need 2 sheet pans. Line one with parchment paper.

2 Prepare the tofu. Cut tofu crosswise into ½-inch slices and pat them dry with a kitchen towel. In a large baking dish or rimmed plate, drizzle 3 to 4 tablespoons of oil. In another large baking dish or rimmed plate, scatter cornstarch (ideally, or flour; whatever you have on hand!), season it with salt and a few pinches of black pepper, and toss to combine. Place each slice of tofu in the oil and coat both sides, then dip the tofu into the seasoned cornstarch (or flour) and lightly coat both sides. Place each piece of coated tofu straight onto the lined sheet pan.

3 Place the tofu pan onto the middle rack in the oven and bake for 30 to 35 minutes, flipping halfway through cooking, until lightly golden and crisp to the touch..

4 On the second unlined sheet pan, lay out the broccoli and drizzle with oil. Season with salt and black pepper. Place on the bottom rack of the oven and roast for about 20 minutes, until tender and golden in parts and crispy on the edges, stirring occasionally.

5 Meanwhile, reheat the brown rice over medium-low heat for 4 to 6 minutes, or until warmed through. Stir occasionally, adding a splash of water if needed to prevent sticking. Microwave the teriyaki sauce, for about 30 seconds on high, to warm it up before serving.

6 To serve, top the rice with the tofu and broccoli and drizzle with the teriyaki sauce. Sprinkle the furikake over the top and enjoy!

Tofu: Non-gmo soybeans, water, calcium sulfate, glucono delta lactone (GDL) **Brown Rice:** Brown rice, water, salt, chile de arbol, bay leaf **Teriyaki Sauce:** Soy sauce, mirin, water, sesame oil, garlic, ginger, salt **Furikake:** Nori, black sesame, white sesame, soy sauce, mirin, sesame oil, kashmiri chile **Broccoli**

Contains: Soy, sesame, alcohol

② READY-TO-EAT

salsa verde taco kit with roasted root vegetables and oyster mushrooms

Preheat oven to 400°F. Spread squash and mushroom taco filling in a single layer on a sheet tray; roast in oven until hot and starting to crisp, about 8 to 10 minutes. Alternatively, reheat squash filling in a skillet over medium-high heat for about 3 to 5 minutes, until hot and crisping.

Reheat tortillas in a hot skillet, 5 seconds per side; keep flipping until flexible and warm. Alternatively, wrap tortillas in a damp paper towel and microwave for 30 seconds. Keep tortillas wrapped in a towel after heating to keep them warm and pliable until you're ready to eat.

Give the cilantro slaw a stir to redistribute the vinaigrette.

Build tacos using veg filling, queso fresco, and salsa verde. Serve the cilantro slaw alongside and dig in!

Filling: Butternut squash, oyster mushroom, red onion, kale, pepita, scallion, garlic, guajillo chile, ancho chile, pasilla chile, salt, pepper, oregano, cumin, coriander, paprika, cayenne

La Cosecha Tortillas: Corn, salt, water, lime

Queso Fresco: Pasteurized whole milk, salt, enzymes, culture **Cilantro Slaw:** Green cabbage, red cabbage, carrot, radish, cilantro, lime, apple cider vinegar, salt, sugar

Contains: Mushrooms, milk

③ FARM-TO-FREEZER

coconut curry squash soup

See label for instructions and ingredients.



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
608.665.3770 • pastureandplenty.com

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