

PASTURE AND PLENTY

MARCH 27, 2023 | VEGETARIAN

HOORAY, IT'S MONDAY!

We have a GREAT line-up of meals that we're excited to share with you! Look for: tempeh penyet rice bowls (featuring locally made tempeh) with sambal sauce and a bright and crunchy cucumber-cabbage salad; classic french cassoulet with a lemony kale salad; and smothered sweet potato black bean burritos with roasted chile chipotle sauce! Add in a little cookie dough to enjoy freshly baked whenever you want? Oh happy day!



PRODUCER SPOTLIGHT

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

Bandung

Happy Valley Farm

Winterfell Acres

Artemis Provisions

Gentle Breeze Honey

Saffi Saana

Elderberry Hill Farms



tempeh penyet rice bowl with sambal and cucumber cabbage salad



braised white bean cassoulet with lemony kale salad



smothered sweet potato black bean burritos with roasted chile chipotle sauce

EXTRA GOODNESS

peanut butter cookie dough

Instructions: Bring cookie dough to room temperature. Preheat oven to 300°F. Place cookies on a parchment-lined cookie sheet. Bake in preheated oven for about 12-15 mins until golden, rotating halfway through for an even bake.

Ingredients: Peanut butter, brown sugar, oat flour, vanilla extract, baking powder, salt

Contains: Peanut

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

tempeh penyet rice bowl with sambal and cucumber cabbage salad

PREP & COOK TIME

20
MINUTES

IN YOUR BAG

Tempeh

Sambal

Rice

Cucumber Cabbage Salad

Seasoned Soy Sauce

PAIR WITH

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

- 1 Next, warm rice in a saucepan over low heat, adding a little water (if needed) and stirring occasionally, until hot, about 8 minutes. Once hot, cover with lid and remove from heat. It should stay warm while you finish the cooking the tempeh and sambal.
- 2 While rice is reheating, pan fry the tempeh. Heat 1/4 cup oil in a large nonstick skillet over medium-high heat. When the oil is shimmering, but not smoking, carefully add the tempeh to the pan in a single layer using tongs. Fry for 3 to 5 minutes on each side, or until well-browned and super crispy all over. You may need to fry in batches, adding extra oil as needed. Transfer the tempeh to a paper towel-lined baking sheet to drain; season with salt, to taste.
- 3 Wipe the frying pan that you used to cook the tempeh clean. Over medium-low heat, reheat the sambal until steaming, about 2 to 3 minutes. Turn off the burner and place the tempeh on top of the sambal. Using a wooden spoon, gently flatten each piece of tempeh, gently massaging it into the sambal. You want to create small cracks and crevices where the tempeh meets the sambal so the sambal can coat all parts of the tempeh, rather than completely crushing the tempeh. Flip the tempeh, and repeat.
- 4 Give the cucumber cabbage salad a stir to redistribute the dressing.
- 5 Serve tempeh, sambal and cucumber cabbage salad over the rice. Drizzle with the seasoned soy sauce (to taste) and dig in!

Tempeh: Soybean, apple cider vinegar, water, rhizopus oligosporous (tempeh culture) **Sambal:** Tomato, onion, shallot, white vinegar, red cowhorn pepper, szechuan pepper, cayenne pepper, thai chile, garlic, sugar, salt, potassium sorbate, potassium bisulfate, xanthum gum. **Rice:** White rice, water, salt. **Cucumber Cabbage Salad:** Green cabbage, cucumber, scallion, cilantro, lime, salt. **Seasoned Soy Sauce:** Soy sauce, brown sugar, rice wine vinegar, garlic, star anise, fennel, ginger

Contains: Soy, wheat

② READY-TO-EAT

braised white bean cassoulet with lemony kale salad

Preheat oven to 375°F.

Place cassoulet in oven and heat until bubbling around edges and a crust has begun to form on the top of the dish, about 40 minutes (depending on the size of your meal). After 40 minutes, the cassoulet should be fully heated (with an internal temperature of 165°F), but feel free to leave it in a bit longer to get a thicker crust on top.

Meanwhile, strip the kale leaves from their stems and give a quick rinse. Roughly chop the leaves (as small or as large as you'd like for your salad) and massage the kale leaves with enough vinaigrette to coat.

Take the cassoulet out of the oven. Divide onto plates, placing the lemony kale salad alongside. Enjoy!

Cassoulet: White bean, vegetable stock, celeriac, onion, carrot, celery, kale, spinach, tomato paste, butter, red wine vinegar, garlic, salt, pepper, thyme, parsley, chive, rosemary
Vinaigrette: Canola oil, olive oil, champagne vinegar, lemon, dijon mustard, honey, shallot, red chile flake, salt, pepper.

Kale

③ FARM-TO-FREEZER

smothered sweet potato black bean burritos with roasted chile chipotle sauce

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