

# PASTURE AND PLENTY

MAY 8, 2023 | VEGETARIAN

## HOORAY, IT'S MONDAY!

We're excited to share the meals we've crafted with you! Look for bright, fresh and bold flavors to dominate: like chermoula, an herby, piquant North African sauce similar to pesto; a bright, lemony spelt berry salad to mix into your greens-filled soup; and multitude of spices (ginger, cumin, coriander, star anise, clove, pepper, cinnamon, nutmeg, turmeric, cardamom and Thai chile) of our cashew coconut chickpea curry. Our tastebuds can't wait!



**tofu chermoula ciabatta sandwich with pickled carrots and local spinach with lemon vinaigrette**



**lemony white bean soup with greens and warm spelt berry salad**



**chickpea coconut cashew curry with brown rice**



### PRODUCER SPOTLIGHT

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

Madison Sourdough Co.

Winterfell Acres

Meadowlark Organics

Happy Valley Farm

Elderberry Hill Farm

Vitruvian Farm

Sartori Cheese

Saffi Saana

### EXTRA GOODNESS

### peach chia jam

Instructions: Keep refrigerated and enjoy within 5 days!

Ingredients: Peaches, chia seeds, honey

### 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

## tofu chermoula ciabatta sandwich with pickled carrots and local spinach with lemon vinaigrette

PREP & COOK TIME

30 MINUTES

IN YOUR BAG

- Tofu
- Ciabatta
- Chermoula
- Pickled Carrots
- Spinach
- Lemon Vinaigrette

PAIR WITH

the natural and fresh Mother Rock "Force Celeste" Chenin Blanc or with the light and crisp To Those Who Wait Czech-Style Pilsner from Working Draft

- 1 Slice your tofu into 1/2-inch thick slices and pat dry. In a nonstick skillet, heat a generous splash of olive oil over medium-high heat. Season the tofu all over with salt, then add to the skillet and cook until golden brown, 3 to 5 minutes per side. Transfer to a plate or cutting board and let cool slightly.
- 2 While the tofu is cooking, split your ciabatta rolls in half and lightly toast.
- 3 When the tofu is cool enough to handle, rip it into 1/2-inch pieces and toss it with half of the chermoula. Searing tofu and then tearing it into chunks before tossing it in the sauce gives it a crispy texture and a few soft edges for the sauce to cling to.
- 4 To assemble the sandwiches, spread the remainder of the chermoula on the top and bottom slices of the toasted ciabatta. Divide the tofu among the ciabatta bottoms. Top the tofu with pickled carrot, and then a bit of spinach. Cover with the ciabatta tops and press down slightly to adhere. Cut in half.
- 5 Toss remaining spinach with desired amount of lemon vinaigrette and serve next to tofu sandwiches. Dig in!

**Tofu:** Non-gmo soybeans, water, calcium sulfite, glucono delta lactone **Ciabatta:** Flour, water, olive oil, salt, yeast **Chermoula:** Canola oil, red pepper, cilantro, parsley, chive, mint, lemon, garlic, red wine vinegar, salt, paprika, cumin, cayenne **Pickled Carrots:** Carrot, water, white vinegar, champagne vinegar, sherry vinegar, salt, sugar, garlic, pink peppercorn, mustard seed, chile de arbol, bay leaf **Lemon Vinaigrette:** Canola oil, champagne vinegar, dijon mustard, honey, lemon, olive oil, salt, tarragon, pepper, chile flake, water **Spinach**

Contains: Wheat, soy

② READY-TO-EAT

## lemony white bean soup with greens and warm spelt berry salad

Heat soup in a saucepan over medium-low heat until hot, about 6 to 8 min. Stir occasionally and, if needed, add a splash of water to thin out.

In a separate pan, reheat the spelt berry salad over low heat, until hot, about 6 to 8 minutes.

Ladle the piping hot soup into your bowl and mound some of the warm spelt berry salad in the middle. Top with sarvecchio cheese and enjoy!

**White Bean Soup:** Vegetable stock, white bean, onion, carrot, swiss chard, rainbow chard, garlic, ginger, tomato paste, olive oil, smoked paprika, salt, pepper, red chile flake, lemon, herbs. **Spelt Berry Salad:** Spelt, lemon, salt, pepper, bay leaf, chile de arbol **Sarvecchio:** Milk, salt, culture, enzyme

Contains: Wheat, dairy (optional)

③ FARM-TO-FREEZER

## chickpea coconut cashew curry with brown rice

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