

PASTURE AND PLENTY

MAY 15, 2023 | VEGETARIAN

HOORAY, IT'S MONDAY!

Look for Spring flavors and local goodness in your meal kit this week! Two of our Makeshop partners are featured this week: (locally-harvested) asparagus-galettes from Tart and (locally grown and ground) hominy grits polenta from La Cosecha! Add in a rainbow vegetable pad thai kit, our cozy marinara sauces and ramp vinaigrette, plus a sweet & spicy trail mix from the Bakeshop? Yep, the week is going to be a GOOD one, friends!



rainbow vegetable pad thai with spiced roasted tofu



spicy red lentil marinara over creamy polenta



Tart's Spring asparagus, pea and potato galette with greens and charred ramp vinaigrette



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
Elderberry Hill Farm
Gentle Breeze Honey
Tina's Flock
Enos Farms
La Cosecha
Sartori Cheese
Tart

EXTRA GOODNESS

sweet & spicy trail mix

Instructions: Store at room temperature and enjoy within 2 weeks.

Ingredients: Peanuts, walnuts, sunflower seeds, almonds, raisins, dried cherries, sunflower oil, maple syrup, garlic powder, cayenne, dried thyme, onion powder, paprika, salt.

Contains: Peanut, tree nut

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

rainbow vegetable pad thai with spiced roasted tofu

PREP & COOK TIME

30 MINUTES

IN YOUR BAG

Roasted Tofu

Rice Noodles

Vegetables

Stir-Fry Sauce

Peanuts (optional)

Egg (optional)

PAIR WITH

the fresh, fruity Hunky Dory Sauvignon Blanc or with the light and crisp To Those Who Wait Czech-Style Pilsner from Working Draft

1 Put rice noodles in a large bowl and add hot tap water to cover. Let soak for 25 minutes or so, allowing the water to cool, and stirring and separating the noodles occasionally with your hands. (Want to speed it up? Using boiling water will reduce the soaking time to 10 minutes or so.) When ready, noodles will be white, limp and almost soft to the bite. Drain, drizzle with a splash of a neutral oil (like canola or peanut) to keep from sticking and set aside.

2 While the noodles are soaking, taste the stir-fry sauce! If it's too tamarind-forward and sour for you, try adding a small pinch of brown sugar. If it's too sweet, a bit of lime juice will set it right. Taste again and adjust more, if necessary, until it's right for you! Once it's set, add the sauce to a small bowl and whisk your egg into it (if desired).

3 Preheat a wok or frying pan (large enough to fit all of your tofu, and later your veg and noodles) over medium heat; once the pan is hot, add a layer of olive oil. Once the oil is shimmering, cook roasted tofu cubes until warmed through and crisped on the edges, turning from side to side, about 2 minutes per side. Set tofu aside. Wipe pan clean.

4 In the same pan, heat a tablespoon of oil over medium-high heat. Add the vegetables – stir fry with tongs for 2-3 minutes or until tender-crisp. Be careful not to overcook them – they'll get soggy if you do. Transfer to a dish and set aside.

5 Place the same pan back on the burner over medium-high heat again and add another small splash of oil. Add the noodles to the hot pan and stir fry for a minute, using tongs to actively toss the noodles. Add the sauce and cook, still tossing the noodles with your tongs, for another minute or two, until the sauce is starting to thicken and stick to the noodles. Add in the vegetables and tofu, toss together briefly to get it all hot and steamy again, and remove from heat.

6 Plate the noodles, top with the roasted peanuts (optional), squeezing lime juice over everything (if desired). Serve immediately and enjoy!

Tofu: Tofu (non-gmo soybeans, water, calcium sulfite, glucono delta lactone), ginger, garlic, coriander, cumin, cayenne, salt, pepper **Rice Noodles:** Rice flour, water **Vegetables:** Red cabbage, green cabbage, carrot, oyster mushroom, red bell pepper, yellow bell pepper, scallion, lime, olive oil, salt, pepper **Stir-fry Sauce:** Tamarind paste, soy sauce, vegetable stock, rice vinegar, apple cider vinegar, honey, garlic powder, sambal oelek, brown sugar, salt **Peanuts:** Peanut, salt, olive oil **Egg**

Contains: Soy, wheat, mushroom, egg (optional), peanut (optional)

② READY-TO-EAT

spicy red lentil marinara over creamy polenta

Reheat marinara in a saucepan over medium heat, stirring occasionally, until hot, about 6-8 minutes.

Warm creamy polenta in a separate saucepan over medium-low heat, adding a little water or milk and stirring occasionally, until hot, about 8 minutes.

Plate creamy polenta and top with marinara and sprinkle herbed sarvecchio over top. Enjoy!

Marinara: Red lentil, vegetable stock, tomato, onion, carrot, celery, red bell pepper, yellow bell pepper, spinach, garlic, oregano, thyme, salt, red chile flake, fennel, pepper

Polenta: La Cosecha stone ground hominy grits, water, cream, cheddar cheese, monterey jack cheese, parsley, thyme, rosemary, chives, red wine vinegar, salt, pepper

Sarvecchio: Milk, salt, culture, enzyme

Contains: Milk

③ FARM-TO-FREEZER

Tart's asparagus, pea and potato galette with greens and charred ramp vinaigrette

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