

PASTURE AND PLENTY

JUNE 12, 2023 | VEGETARIAN

HOORAY, IT'S MONDAY!

We have a great line-up of meals for you this week, y'all. Smoky, grilled tacos al pastor with a grilled Spring veg salad. Veg-laden Thai green curry soup with nutty soba noodles. And a spinach and kale mulukhiya with a spiced rice pilaf that looks simple, but with rich, warming spices that really sing! Throw in some bright, tangy lemon mousse and the week is looking up.



PRODUCER SPOTLIGHT

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

Winterfell Acres

Vitruvian Farms

Bandung

Marshview Farms

Elderberry Hill Farm

Saffi Saana



tempeh al pastor taco kit with grilled vegetable salad



Thai green curry tofu and vegetable soup with soba noodles



spinach and kale mulukhiya with chickpeas and spiced rice pilaf

EXTRA GOODNESS

lemon mousse

Instructions: Keep refrigerated and enjoy within 5 days.

Ingredients: Cream cheese, heavy cream, powdered sugar, lemons, salt

Contains: 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

tempeh al pastor taco kit with grilled vegetable salad

PREP & COOK TIME

45 MINUTES

GRILLING INSTRUCTIONS

- 1 Place tempeh block in a baking dish, add marinade and coat well, making sure that as much tempeh as possible is exposed to the marinade. Cover and let marinate, refrigerated, for at least 6 hours, but preferably overnight. Flip tempeh in marinade at least once.
- 2 Preheat grill for medium-high heat. While preheating, prep your veg: snap ends off of the asparagus and cut into 2-inch pieces; trim tops and bottoms of turnips and radishes, then cut in half or quarters (depending on size); cut off cucumber ends and cut into rough 2-inch chunks. In a bowl, season vegetables with salt, pepper, and a splash of olive oil.
- 3 Carefully place your veg in a grill basket. If you don't have one, shape a large piece of foil into the shape of a box, poke holes in it (to allow the heat and smoke to come through) and place it on the grill; add your veggies. Cook the veg until charred and slightly softened. Remove from grill and place back in your bowl. Toss with about 1/2 of your pickled red onions and all of the pickling liquid in the jar. Taste for seasoning and add salt and pepper, if needed. Top with a light sprinkle of your queso fresco.
- 4 At the same time, remove tempeh from marinade and place on the grill, flipping every 2 minutes or so until well-browned and caramelized, with visible grill marks. You can brush remaining marinade over the tempeh as it grills if you like. Just before serving, slice tempeh into thin slices.
- 5 Quickly heat tortillas on the grill to warm and make them pliable; just touch both sides on in-direct heat for 10-30 seconds. Wrap in towel to keep warm.
- 6 Build your tacos: take a tortilla and top with sliced tempeh, a bit of your remaining pickled red onion and queso fresco and the salsa. Serve grilled vegetable salad alongside. Enjoy!

ALTERNATE INSTRUCTIONS

Follow instructions above, but instead of using a grill, preheat oven to 425°F. Toss vegetables onto a sheet pan and roast for 15 to 20 minutes, stirring halfway through. Veg should be charred and slightly softened. Meanwhile, heat a small amount of olive oil in a skillet over medium-high heat. Add the tempeh and break apart into crumbles while cooking. Stir and cook until well-browned all over, 5-7 minutes. Add more oil as needed if the pan looks dry. Add leftover marinade and cook, stirring constantly and scraping up browned bits, until thickened and the mixture is sizzling, 4 to 6 minutes.

Tempeh: Soybean, apple cider vinegar, water, rhizopus oligosporous (tempeh culture)
Marinade: Pineapple, orange, guajillo chile, ancho chile, garlic, lime, salt, sugar, pepper, oregano, achote (annatto) **Vegetable Bag:** Asparagus, turnip, radish, cucumber **Pickled Red Onion:** Red onion, water, champagne vinegar, white wine vinegar, apple cider vinegar, salt, sugar, pepper, mustard seed, coriander, chile de arbo **Queso Fresco:** Queso fresco (milk, water, salt enzyme), cilantro, cumin, coriander, paprika, chile powder
Salsa: Tomatillo, onion, vegetable stock, poblano, garlic, cilantro, cumin, coriander, salt, pepper **Contains:** Soy, milk

② READY-TO-EAT

Thai green curry tofu and vegetable soup with soba noodles

Heat soup in a saucepan over medium heat for 6 to 8 minutes, until steaming hot. Add up to 1/4 of water per serving when reheating. Add fresh soba noodles to soup. Once hot, about 2 minutes, check for doneness.

Divide the soup and soba noodles among bowls. Enjoy!

Thai Green Curry Soup: Coconut milk, tofu, onion, sweet potato, tofu, swiss chard, oyster mushroom, vegetable stock, red bell pepper, broccoli, cauliflower, green curry paste (garlic, fresh chili pepper, fingerroot, shallot, lemongrass, salt, sweet basil, kaffir lime, sugar, coriander seed, pepper, cumin, cardamom, turmeric, galangal, citric acid), scallion, salt, pepper **Soba Noodles:** Bleached wheat flour, water, buckwheat flour, corn starch, wheat gluten, salt, sodium benzoate, canola oil

Contains: Wheat, mushroom, soy, coconut

③ FARM-TO-FREEZER

spinach and kale mulukhiya with chickpeas and spiced rice pilaf

See label for instructions and ingredients.

IN YOUR BAG

Tempeh

Al Pastor Marinade

Vegetable Bag

Pickled Red Onion

Queso Fresco

Tomatillo Salsa

PAIR WITH

the fresh and fruity El Jefe Tempranillo or the crisp and balanced Two Women Lager from New Glarus Brewing



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