

# PASTURE AND PLENTY

JUNE 19, 2023 | VEGETARIAN

## HOORAY, IT'S MONDAY!

Steamy, hot weather is here for real this week, y'all. And we can't wait to usher summer in RIGHT with some summery meals! Look for: grilled tofu with grilled broccoli and head lettuce with brown rice and topped with an umami-rich caper-raisin vinaigrette and crispy breadcrumbs; lentils in a golden mustard bbq sauce on ciabatta with crunchy slaw and creamy potato salad; and our fan-favorite baked ziti with spinach, eggplant and sarvecchio besciamella!



**grilled tofu and broccoli with caper-raisin vinaigrette and brown rice**



**mustard bbq lentil sandwich with slaw and potato salad**



**baked ziti with roasted eggplant, spinach and sarvecchio besciamella**



### 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  
Elderberry Hill Farm  
Sartori Cheese  
Madison Sourdough Co.  
Happy Valley Farm  
Saffi Saana

### EXTRA GOODNESS

### carrot miso cookies

Instructions: Store at room temperature and enjoy within 3 days.

Ingredients: Sugar, butter, whole wheat flour, rye flour, sun butter, carrots, red miso, eggs, baking soda, vanilla

Contains: Wheat, soy, egg

### 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

**grilled beef and broccoli** with caper-raisin vinaigrette and brown rice

PREP & COOK TIME

**45**  
MINUTES

GRILLING INSTRUCTIONS

- 1 Preheat grill for medium-high heat. While the grill is preheating, get your prep on! Trim and peel the main broccoli stalk, then cut the head (with peeled stalks attached) into long florets. In a bowl, season broccoli florets with salt, pepper, and a splash of olive oil. Cut your lettuce heads in half (if not cut already), making sure to leave the core intact on both halves; rinse well between the connected leaves and let dry. Lightly rub the outside leaves with olive oil. Remove tofu from its packaging, pat dry and coat with a thin layer of olive oil and season generously with salt and pepper.
- 2 Carefully place your broccoli in a grill basket. If you don't have a grill basket, 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 to your foil basket. Cook the broccoli until well-caramelized and slightly softened. Remove from grill and place back in your bowl. Toss with about 1/2 of your vinaigrette. Taste for seasoning and add salt and pepper, if needed.
- 3 At the same time, place tofu on grill (making sure grill grates are well oiled). Grill tofu over direct heat until golden and caramelized, about 3 minutes per side. Just before serving, slice the tofu into about 1/4-inch thick slices.
- 4 You'll also want to toss your halved lettuce heads on the grill, once you have your steak on. Grill for 15 to 20 seconds on each side, until they are lightly golden, to just kiss the heads with char and to slightly soften it. Roughly chop into strips and season with salt and pepper.
- 5 While everything is grilling, reheat the brown rice in a saucepan over medium-low heat with a splash of olive oil, stirring occasionally, until hot, about 6-8 minutes. If needed, add a bit of water to moisten the rice.
- 6 To plate, heap brown rice on your plate and top with the grilled broccoli, sliced lettuce and tofu. Top with the remainder of the vinaigrette and liberally sprinkle the toasted breadcrumbs over it all. Enjoy!

STOVETOP INSTRUCTIONS

Follow instructions above, but instead of using a grill, preheat oven to 425°F. Toss broccoli onto a sheet pan and roast for 15 to 20 minutes, stirring halfway through. Veg should be charred and slightly softened. Add the lettuce halves for the last 5 minutes. Meanwhile, heat a small amount of olive oil or butter in a skillet over medium-high heat. Place tofu in skillet and cook, turning occasionally, until golden and caramelized, about 3 minutes per side.

**Tofu:** Non-gmo soybeans, water, calcium sulfite, glucono delta lactone **Vegetable Bag:** Broccoli, head lettuce **Caper-Raisin Vinaigrette:** Golden raisin, olive oil, balsamic vinegar, caper, garlic, parsley, salt, pepper **Brown Rice:** Brown rice, water, bay leaf, chile de arbol, salt, pepper **Breadcrumbs:** Flour, water, olive oil, salt, pepper

Contains: Soy, wheat

IN YOUR BAG

Tofu

Vegetable Bag

Caper-Raisin Vinaigrette

Brown Rice

Breadcrumbs

PAIR WITH

the full-bodied and aromatic Pascal Biotteau Anjou Rouge 2020 or the big and spicy Ryewine from Giant Jones

② READY-TO-EAT

**mustard bbq lentil sandwich** with slaw and potato salad

Place lentils in a sauce pan with a splash of water over medium heat and cook, stirring occasionally, until heated through, about 5 to 7 minutes.

While lentils are heating, slice ciabatta buns in half and toast, then give slaw a toss to redistribute the dressing.

Layer the bbq lentils and a bit of slaw on the bottom half of the toasted bun before setting on the top half.

Plate the sandwiches and serve the remainder of the slaw and the potato salad on the side. Dig in!

**BBQ Lentils:** Green lentil, yellow mustard, brown sugar, carrot, apple cider vinegar, tomato paste, orange, beer, red onion, chipotle, salt, pepper, garlic, cumin, coriander, paprika **Potato Salad:** Yukon potato, red onion, celery, mayo (canola, oil, egg, lemon, dijon, garlic), cornichon, mustard, dill, chive, salt, celery seed, paprika, pepper **Slaw:** Green cabbage, purple cabbage, carrot, apple, mayo (canola oil, egg, lemon, dijon, garlic), lime, poppy seed, scallion, cilantro, parsley

Contains: Wheat, milk, egg

③ FARM-TO-FREEZER

**baked ziti** with roasted eggplant, spinach and sarvecchio besciamella

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