

PASTURE AND PLENTY

JULY 31, 2023 | VEGETARIAN

HOORAY, IT'S MONDAY!

Look for a great mid-summer menu this week, y'all! Think: miso-honey glazed tempeh atop warm sesame scallion rice with a crisp, cooling cucumber salad and grilled dragon tongue beans; a beat-the-heat cold (and vibrantly green) gazpacho full of ALL the vegetables (cucumber, tomatillo, fennel, green bell pepper, leeks, celery and more!) with toasted miche and creamy white bean purée; aaaand our favorite South African peanut curry!



miso honey tempeh
with rice, cucumber salad and grilled
dragon tongue beans



green gazpacho
with miche and white bean purée



**South African sweet potato,
mushroom and peanut 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:

Bandung

Driftless Organics

Gentle Breeze

Happy Valley Farm

Winterfell Acres

Vitruvian Farms

Madison Sourdough Co.

Saffi Saana

Elderberry Hill Farm

EXTRA GOODNESS

baked peaches with spiced honey

Instructions: Cut peach in half and remove pit. Place cut side up in a small baking dish. Spoon honey syrup over the top and pool in the center. Bake at 350 degrees for 25 minutes, or until tender. Enjoy!

Ingredients: Peach, honey, vanilla extract, cinnamon, cloves, nutmeg, salt

Contains: Cinnamon/nutmeg

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

miso honey tempeh with rice, cucumber salad and grilled dragon tongue beans

PREP & COOK TIME

45
MINUTES

IN YOUR BAG

Tempeh

Sesame Scallion Rice

Cucumber Salad

Miso Honey Marinade

Vegetable Bag

GRILLING INSTRUCTIONS

- 1 Preheat grill for medium-high heat. While the grill is preheating, get your prep on! First, wash and dry all the dragon tongue beans. Trim ends of beans, place in a bowl, then season with salt, pepper, and a splash of olive oil. Next, remove your tempeh from its packaging (portion it into equal serving sizes) and then coat it with about half of the miso honey marinade (you'll want to reserve half to use as a sauce on the final dish).
- 2 Carefully place your beans 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 veg until well-caramelized and slightly softened. Remove from grill and place back in your bowl. Taste for seasoning and add salt and pepper, if needed.
- 3 At the same time, place tempeh on the grill, and sear the first side until browned with defined grill marks, about 4 to 6 minutes. Flip and cook another 4 to 6 minutes and until the other side has char marks, too. Just before serving, slice the tempeh, into about 1/4-inch thick slices.
- 4 While grilling the tempeh, give your cucumber salad a stir to redistribute the dressing. You'll also want to reheat your rice in a small saucepan over low heat until heated through, about 5 minutes. Stir occasionally and add a splash of water or oil as needed to prevent sticking.
- 5 To plate, place your rice on the plate, with the cucumber salad and grilled beans alongside. Top with the grilled tempeh. Drizzle the reserved miso-honey marinade over it all. Enjoy!

ALTERNATE INSTRUCTIONS

Follow instructions above, but instead of using a grill, preheat oven to 425°F. Toss veg onto a sheet pan and roast for 10 to 15 minutes, stirring halfway through. Beans 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 its marinade coating to the pan; 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.

Tempeh: Soybean, apple cider vinegar, water, rhizopus oligosporous (tempeh culture)
Sesame Scallion Rice: White rice, water, scallion, salt, sesame seed, sesame oil
Cucumber Salad: Cucumber, chili crisp (sunflower oil, guajillo pepper, ancho pepper, pasilla pepper, black sesame seed, white sesame seed, shallot, garlic, ginger, salt, pepper), soy sauce, sesame oil, brown sugar, rice vinegar, sesame seed
Miso Honey Marinade: White miso, honey, soy sauce, rice wine vinegar, ginger, garlic, sambal, salt
Vegetable Bag: Dragon tongue beans

Contains: Soy, sesame

② READY-TO-EAT

green gazpacho with miche and white bean purée

Toast miche and spread white bean purée evenly over the toasted slice(s).

Give soup a quick stir to recombine everything, then portion into bowls (gazpacho should be served cold).

Serve gazpacho drizzled with a bit of olive oil and a twist of black pepper; then serve toasted miche and bean purée alongside. Dig in!

Green Gazpacho: Tomatillo, cucumber, green bell pepper, celery, onion, fennel, leeks, sherry vinegar, mint, basil, chive, salt, sugar
Miche: Flour, water, salt
White Bean Purée: White bean, water, garlic, lemon, salt, red chile flake

Contains: Wheat

③ FARM-TO-FREEZER

South African sweet potato, mushroom and peanut 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