

# PASTURE AND PLENTY

SEPTEMBER 25, 2023 | VEGETARIAN

## HOORAY, IT'S MONDAY!

And there's a great line-up for today! Look for: crispy panko-topped buffalo tofu with a warm quinoa salad with kale and roasted mushroom, a side of roasted broccoli and blue cheese crumbles; a last-gasp of summer panzanella salad with roasted cherry tomatoes, sweet corn, toasted Madison Sourdough bread, mozzarella and kale; and then a creamy, tomatoey and fragrant butter paneer with cauliflower, broccoli and rice! Oh, and did we mention the macaroons?

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**crispy buffalo tofu with warm kale quinoa salad, roasted broccoli and blue cheese crumbles**

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**panzanella with mozzarella, roasted tomatoes, corn and kale**

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**butter paneer with cauliflower, broccoli and white rice**



### PRODUCER SPOTLIGHT

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

Green Barn Farm

Winterfell Acres

Vitruvian Farm

Alsum's Sweet Corn

Madison Sourdough Co.

Saffi Saana

### EXTRA GOODNESS

## dark chocolate macaroons

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

Ingredients: Coconut, cocoa powder, maple syrup, coconut oil, vanilla extract, salt

Contains: Coconut, chocolate

### 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

**crispy buffalo tofu with warm kale quinoa salad, roasted broccoli and blue cheese crumbles**

PREP & COOK TIME

**30**  
MINUTES

IN YOUR BAG

Tofu

Buffalo Sauce

Panko

Broccoli

Quinoa Salad

Blue Cheese

PAIR WITH

the complex and juicy American Wine Project "Social Creature" Sablevois Rosé or the light and crisp To Those Who Wait Czech-Style Pilsner from Working Draft

- 1 Preheat oven to 425°F. Line a sheet pan — large enough to fit all of your tofu and broccoli — with parchment paper. Meal Kits for 4 may need to use two sheet pans.
- 2 Wash and dry your broccoli. Trim ends and cut into large florets, about 1 1/2" to 2" long; slice stems into 1/4" thick coins. Toss broccoli with olive oil, salt and pepper and then arrange in a single layer on the prepared sheet pan, cut-sides down. Roast broccoli for about 5 minutes on its own.
- 3 While broccoli is roasting, remove tofu from packaging. Slice the tofu into 1/2" thick rectangles, rub with with olive oil and then season with salt and pepper. Reserve half of your buffalo sauce for later and then coat the outside of the tofu, on all sides, with the remainder (or to taste). Toss panko with a bit of olive oil, then press the panko onto the tops of the buffalo sauce-coated tofu, pressing lightly to adhere the panko to the sauce. Remove sheet pan with broccoli from the oven and nestle panko and buffalo coated tofu amongst the broccoli; return pan to the oven.
- 4 Roast the tofu and broccoli for about 10 to 15 more minutes. Bake until the broccoli is browned and crisp-tender and the panko-coated tofu is golden and crisp.
- 5 Meanwhile, gently reheat the quinoa in a saucepan over medium-low heat for about 4 to 6 minutes, or until hot. Stir occasionally, adding a splash of water if needed to prevent sticking.
- 6 Plate warm quinoa, top with buffalo tofu and roasted broccoli. Drizzle everything with the reserved buffalo sauce and sprinkle with the crumbled blue cheese. Dig in!

**Tofu:** Water, soybean, calcium sulfate, magnesium chloriden **Buffalo Sauce:** Frank's Red Hot (aged cayenne red peppers, distilled vinegar, water, salt and garlic powder), butter, garlic, onion, salt **Panko:** flour, canola oil, yeast **Quinoa:** Red quinoa, white quinoa, kale, oyster mushroom, onion, olive oil, red wine vinegar, salt, pepper **Blue Cheese:** Pasteurized cultured cow's milk, salt, enzymes, penicillium roqueforti **Broccoli**

*Contains: Soy, milk, wheat (optional), mushroom*

② READY-TO-EAT

**panzanella with mozzarella, roasted tomatoes, corn and kale**

Place the kale and mozzarella, roasted vegetables and croutons in a large bowl. Toss gently, then pour in half of the vinaigrette and toss again until well combined.

Taste and adjust the seasonings, adding more vinaigrette, salt and pepper as desired.

Plate the panzanella and enjoy!

**Kale & Mozzarella:** Kale, mozzarella (milk, salt, culture, enzyme)

**Croutons:** Madison Sourdough Co bread (flour, water, salt, rosemary), olive oil, salt **Roasted Vegetables:** Cherry tomato, bell pepper, red onion, corn, olive oil, salt, pepper

**Vinaigrette:** Canola oil, white wine vinegar, lemon, dijon mustard, honey, thyme, salt, pepper

*Contains: Wheat, milk*

③ FARM-TO-FREEZER

**butter paneer with cauliflower, broccoli and white 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