

# PASTURE AND PLENTY

DECEMBER 11, 2023 | VEGETARIAN

## HOORAY, IT'S MONDAY!

Get excited for a hearty, cozy and warming slate of meals this week! Look for: a sheet pan dinner of mustard-glazed cabbage, red onion, and tempeh that have been seasoned with cumin and coriander and served with a creamy, herbed polenta; our yearly take on rich, chunky borscht filled with beets (of course!) and roasted parsnips and celeriac; and our mapo tofu, chockfull of greens and veg, it's spiced \*just\* enough so that it's gently warming in more ways than one!



**sheet pan roast tempeh with mustard-glazed cabbage and creamy polenta**



**borscht with parsnips and celeriac with caraway sour cream and MSCo miche**



**mapo tofu over sesame scallion 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

Elderberry Hill Farm

La Cosecha

Winterfell Acres

Marr's Valley View Farm

Madison Sourdough Co.

Saffi Saana

#### EXTRA GOODNESS

### red velvet whoopie pies

Instructions: Store in freezer. When ready to enjoy, thaw on counter.

Ingredients: Whoopie pie (ap flour, sugar, butter, egg, sour cream, chocolate, cocoa powder, baking powder, red wine vinegar, red food coloring, salt, baking soda), filling (cream cheese, powdered sugar, butter).

Contains: *Wheat, milk, egg, 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

# sheet pan roast tempeh with mustard-glazed cabbage and creamy polenta

PREP &  
COOK TIME

45  
MINUTES

IN YOUR BAG

Tempeh

Mustard Caper  
Sauce

Cabbage & Red  
Onions

Creamy Herbed  
Polenta

Spice Rub

PAIR WITH  
the complex  
American Wine  
Project "Social  
Creature"  
Sabrevois Rosé

or  
with the light  
and crisp To  
Those Who  
Wait Czech-  
Style Pilsner  
from Working  
Draft

- 1 Preheat oven to 425°F.
- 2 Prep your vegetables! Peel the red onions. Cut both the cabbage and red onions into 1-inch-thick wedges, making sure to cut lengthwise through the core to keep the pieces intact. Toss the sliced cabbage and red onions in a large bowl with half of the mustard caper sauce; season with salt and pepper. Reserve the remainder of the sauce to top the final dish. Spread the vegetables out evenly, in a single layer, on a sheet pan. Transfer the sheet pan to the oven and roast for 10 minutes.
- 3 Meanwhile, prepare the tempeh! Drizzle the tempeh with olive oil all over, then rub the spice mix into all the nooks and crannies of the tempeh. After the veg has been roasting for 10 minutes, remove from oven and nestle the tempeh into of the cabbage and onions.
- 4 Return the sheet pan to the oven and roast until the tempeh is cooked through, the cabbage is tender and both are crispy and browned in spots, about 25 to 30 more minutes.
- 5 Toward the end of the roasting time, warm creamy polenta in a saucepan over medium heat, adding a little water or milk and stirring occasionally, until hot, about 8 minutes.
- 6 Divide polenta onto individual serving plates, top with roasted tempeh, cabbage and onions, and drizzle with remaining mustard-caper sauce (as desired). Enjoy!

**Mustard Caper Sauce:** Canola oil, yellow mustard, honey, whole grain mustard, caper, white wine vinegar, red wine vinegar, garlic, salt, pepper **Creamy Herbed Polenta:** Polenta, vegetable stock, heavy cream, salt, pepper, red chili flake, thyme, rosemary, parsley, chives **Spice Rub:** Cumin, smoked paprika, salt, coriander, garlic powder, onion powder, celery salt, salt **Tempeh:** Soybean, apple cider vinegar, water, rhizopus oligosporous (tempeh culture) **Cabbage & Red Onion**

Contains: Soy, milk

② READY-TO-EAT

# borscht with parsnips and celeriac with caraway sour cream and MSCo miche

In a saucepan, warm soup over medium heat until hot, stirring occasionally, about 6 to 8 minutes. Alternatively, heat in microwave on Medium High, stirring occasionally, about 4 minutes.

Pop miche into the microwave or toaster oven for just a few seconds to warm.

Ladle soup into individual bowls, top with caraway sour cream. Serve warm bread alongside and dig in!

**Borscht:** Beet, vegetable stock, onion, cabbage, red potato, parsnip, celeriac, carrot, celery, tomato, white vinegar, white wine vinegar, caraway seed, smoked paprika, bay leaf, salt, pepper **Sour Cream:** Sour cream (cultured cream, whey, modified food starch, sodium phosphate, sodium citrate, guar gum, carageen, calcium sulfite, potassium sorbate, locust bean gum), heavy cream, lemon, dill, caraway seed, salt, pepper **Miche:** Flour, water, salt

Contains: Wheat, milk

③ FARM-TO-FREEZER

# mapo tofu over sesame scallion 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, Saturday brunch and Sunday workshops and community events.

GET IN TOUCH

2433 University Avenue  
608.665.3770 • pastureandplenty.com

M 3:30pm-7:30pm T-F 11am-7pm  
SAT 9am-2pm