

PASTURE AND PLENTY

FEBRUARY 26, 2024 | VEGETARIAN

HOORAY, IT'S MONDAY!

We have a flavor-packed line-up of meals, y'all! Look for: crispy panko-topped buffalo tofu with a warm quinoa and broccoli salad; a lentil salad that's a party of sweet, earthy and salty flavors with roasted beets, aged cheddar, tangy apple cider dressing, fresh greens and crunchy walnuts; and, everyone's fave, classic shepherd's pie. But, if we were to play favorites, we're most excited for the fresh, local greens from Winterfell Acres' greenhouse in your lentil salad!



crispy buffalo tofu with warm quinoa and broccoli salad



green lentil, roasted beet and cheddar cheese salad with miche



roasted celeriac & cranberry bean shepherd's pie with sarvecchio mashed potatoes



PRODUCER SPOTLIGHT

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

- Simple Soy Man
- Bering Bounty
- Madison Sourdough Co.
- Elderberry Hill Farm
- Hook's
- Winterfell Acres
- Saffi Saana
- Sartori Cheese

EXTRA GOODNESS

vanilla cream puffs

Instructions: Keep in the freezer for up to one month. Thaw in refrigerator. Keep in refrigerated for up to 3 days before enjoying.

Ingredients: Choux pastry (water, egg, flour, butter, sugar salt), whipped cream (cream, powdered sugar, vanilla)

Contains: *Wheat, milk, 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

crispy buffalo tofu
with warm quinoa and broccoli salad

PREP &
COOK TIME

25
MINUTES

IN YOUR BAG

Tofu

Buffalo Sauce

Crispy Panko

Quinoa

Broccoli Salad

PAIR WITH

the acidic and food-friendly
Domaine Rimbert Vin Orange
or
the balanced and crisp Extra Blonde Ale from Giant Jones Brewing

- 1 Preheat oven to 425°F. Line a sheet pan with parchment paper.
- 2 Slice the tofu into 1/2" thick rectangles, rub with with olive oil and then season with salt and pepper. Place on the parchment-lined sheet pan. Reserve at least 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. Place sheet pan in the oven.
- 3 Roast the tofu for about 10 to 15 minutes. Bake until the panko-coated tofu is golden and crisp.
- 4 Meanwhile, gently reheat the quinoa salad in a saucepan over medium-low heat for about 6 to 8 minutes, or until hot. Stir occasionally, adding a splash of water if needed to prevent sticking.
- 5 Plate warm quinoa salad and top with buffalo tofu. Drizzle everything with the reserved buffalo sauce and dig in!

Tofu: Water, soybean, calcium sulfate, magnesium chloride
Buffalo Sauce: Frank's Red Hot (Aged Cayenne Red Peppers, Distilled Vinegar, Water, Salt and Garlic Powder), butter, garlic, onion, salt
Crispy Panko: Flour, canola oil, yeast
Quinoa Broccoli Salad: Red quinoa, white quinoa, broccoli, olive oil, red wine vinegar, salt, pepper

Contains: Soy, milk, wheat

② READY-TO-EAT

green lentil, roasted beet and cheddar cheese salad with miche

Place lentil salad, greens and roasted beets in a large bowl. Toss gently with vinaigrette and season to taste with salt and pepper.

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

Divide salad on plate and enjoy with toasted miche alongside!

Lentil Salad: Green lentil, Hook's 5 year cheddar (milk, salt, culture, enzyme, annatto), walnut

Vinaigrette: Olive oil, canola oil, apple cider vinegar, white wine vinegar, maple syrup, dijon mustard, salt, pepper, garlic

Roasted Beets: Beet, water, red wine vinegar, salt, pepper, olive oil

Miche: Flour, water, salt. **Greens**

Contains: milk, tree nut, wheat

③ FARM-TO-FREEZER

roasted celeriac & cranberry bean shepherd's pie with sarvecchio mashed potatoes

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