

# PASTURE AND PLENTY

MARCH 4, 2024 | VEGETARIAN

## HOORAY, IT'S MONDAY!

Get excited for a line-up of cozy, comforting and delicious meals! Look for: easy sheet pan dinners of roasted tempeh with broccoli, scallion rice and an addicting, sweet and (mildly) spicy Korean-inspired BBQ sauce; a lentil-mushroom bolognese with farfalle, spinach and herbed sarvecchio; and a creamy, cheesy cauliflower and potato soup made with a classic WI lager. Have a great week, y'all!



**sheet pan tempeh**  
with roasted broccoli, scallion rice  
and Korean BBQ sauce



**lentil bolognese with farfalle,**  
spinach and herbed sarvecchio



**cauliflower & potato beer**  
cheese soup



### PRODUCER SPOTLIGHT

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

#### Bandung Indonesian Cuisine

Winterfell Acres

Saffi Saana

Elderberry Hill Farm

Enos Farms

Sartori Cheese

New Glarus Brewing Company

Hook's Cheese

Sassy Cow Creamery

#### EXTRA GOODNESS

### frozen blueberry lemon scone dough

Instructions: Store scone dough in freezer for up to 5 months. Bake from frozen at 375°F for 10-15 minutes or until golden brown and cake tester comes out clean. Enjoy baked scones within 5 days.

Ingredients: AP flour, butter, egg, heavy cream, sugar, blueberries, baking powder, lemon, vanilla, salt

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

# sheet pan tempeh

with roasted broccoli, scallion rice and Korean BBQ sauce

PREP & COOK TIME

35  
MINUTES

IN YOUR BAG

Tempeh

Scallion Rice

Broccoli

Korean BBQ Sauce

Sesame Topping

PAIR WITH

the well-balanced and herbaceous La Comarcal Delmoro Blanco or the drinkable Up North Wisconsin Lager from One Barrel Brewing

- 1 Preheat the oven to 450° F. Line a baking sheet with parchment paper.
- 2 Slice tempeh into 1/4-inch thick slices.
- 3 Arrange the tempeh to one side of the baking sheet. Coat lightly with olive oil on all sides and lightly season with salt and pepper. Add the broccoli to the other side and toss with olive oil, salt, and pepper.
- 4 Roast broccoli and tempeh in the preheated oven for about 10 minutes. Stir broccoli, flip the tempeh pieces and check for doneness. When done, broccoli should be softer and both the broccoli and tempeh should be well-browned with caramelized edges. If not done, roast both longer, checking for doneness in 5 minute increments (and gently stirring or flipping each time).
- 5 Remove the broccoli from the sheet pan. Pour enough of the Korean BBQ sauce over the tempeh to lightly coat it (reserve the remainder to top your bowls). Bake for another 5 minutes, until the sauce is baked onto the tempeh.
- 6 Meanwhile, gently reheat the scallion rice 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.

- 7 Plate the rice and top with the glazed tempeh and roasted broccoli. Drizzle extra sauce and scatter the crunchy sesame topping over everything and dig in!

**Scallion Rice:** Brown rice, salt, scallion, bay leaf, chile de arbol **Korean BBQ Sauce:** Soy sauce, gochujang, honey, rice wine vinegar, sesame oil, garlic, ginger, salt, pepper **Sesame Topping:** Black sesame, white sesame, shallot, vegetable oil **Tempeh:** Soybean, apple cider vinegar, water, rhizopus oligosporous (tempeh culture) **Broccoli**

Contains: Soy, wheat, sesame

② READY-TO-EAT

# lentil bolognese with farfalle, spinach and herbed sarvecchio

Reheat bolognese in a sauce pan on medium-low heat for 6 to 8 minutes. Once sauce is hot, add spinach and farfalle to sauce. Stir frequently and continue to cook over medium-low heat for another 5 minutes or so until pasta is heated through, spinach is wilted and the bolognese sauce coats everything nicely. If the sauce is too thick, thin it with a bit of water.

Plate the pasta bolognese and garnish with herbed sarvecchio. Enjoy!

**Bolognese:** Red lentil, tomato, vegetable stock, onion, carrot, celery, oyster mushroom, basil, red wine vinegar, garlic, red chile flake **Farfalle:** Semolina (wheat), durum wheat flour, vitamins/minerals (vitamin b3 [niacin], iron [ferrous sulfate], vitamin b1 [thiamine mononitrate], vitamin b2 [riboflavin], folic acid) **Herbed Sarvecchio:** Sarvecchio (milk, culture, salt, enzyme), parsley, thyme, rosemary **Spinach**

Contains: Wheat, milk, mushroom

③ FARM-TO-FREEZER

# cauliflower & potato beer cheese soup

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