

# PASTURE AND PLENTY

APRIL 15, 2024 | VEGETARIAN

## HOORAY, IT'S MONDAY!

Get excited for a week of fun flavors, y'all! Think: a Thai-style tofu satay – rich and flavorful with ginger, coconut milk and spices – paired with fragrant coconut rice, fresh cucumber salad and peanut sauce; a classic, American-style oyster mushroom and celeriac stew, paired with crusty sourdough miche and an herbed sour cream; then a creamy risotto with red beans, kale, sweet peas, fennel and red peppers! And, a sweet little funfetti cookie to cap it off!



**Thai-style tofu satay**  
with coconut scallion rice, cucumber  
salad and peanut sauce



**oyster mushroom and  
celeriac stew** with herbed sour  
cream and miche



**red bean risotto** with fennel,  
sweet peas, red pepper and kale



### PRODUCER SPOTLIGHT

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

Vitruvian Farm  
Winterfell Acres  
Elderberry Hill Farm  
Simple Soy Man  
Madison Sourdough Co.  
Fifth Season Co-op

### EXTRA GOODNESS

**funfetti  
sugar cookie**

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

Ingredients: AP flour, sugar, butter, egg, vanilla, baking powder, salt, sprinkles

Contains: Egg, wheat, milk

### 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

**Thai-style tofu satay with coconut scallion rice, cucumber salad and peanut sauce**

PREP & COOK TIME

40 MINUTES

IN YOUR BAG

Tofu

Marinade

Skewers

Coconut Scallion Rice

Cucumber Salad

Peanut Sauce

PAIR WITH

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

- 1 Cut your tofu into bite-sized cubes and carefully toss with the satay marinade in a bowl; let tofu marinate for at least 20 minutes (although longer is always better) in the refrigerator. At the same time, soak your skewers in water to keep them from charring. When ready to cook, thread the marinated tofu cubes onto the skewers.
- 2 If you're grilling, preheat your grill for medium-high heat. If not, get out a heavy cast iron pan or grill pan and preheat to medium-high heat on the stovetop.
- 3 Place your tofu skewers on the grill or hot pan, flipping every 3 minutes or so until browned and slightly crispy on the edges.
- 4 While the tofu is cooking, microwave coconut rice with a splash of water until warm. Also give the cucumber salad a stir to redistribute the dressing!
- 5 Portion coconut rice onto plates, top with tofu satay and spoon the peanut sauce liberally over the top. Serve cucumber salad alongside and dig in!

**Tofu:** Water, organic non-GMO soybeans, imported Japanese nigari (magnesium chloride) **Marinade:** Coconut milk, soy sauce, lime juice, garlic, ginger, lemongrass, brown sugar, turmeric, cumin, coriander, cayenne **Coconut Scallion Rice:** White rice, water, coconut flake, scallion, salt, pepper **Cucumber Salad:** Cucumber, pickled red onion (red onion, distilled white vinegar, apple cider vinegar, sugar, salt), mint, cilantro, lime, salt, sugar, pepper **Peanut Sauce:** Peanut, water, shallot, garlic, soy sauce, rice vinegar, red curry paste (dried chile pepper, garlic, shallot, salt, lemongrass, sugar, kaffir lime, galangal, spices [coriander seeds, cumin, cardamom], citric acid), brown sugar, sriracha, salt **Bamboo Skewers**

Contains: Coconut, soy, peanut

② READY-TO-EAT

**oyster mushroom and celeriac stew with herbed sour cream and miche**

Reheat stew with a splash of water in a sauce pan over medium-low heat until hot, about 6 to 8 minutes.

Reheat miche in toaster oven or microwave until warm.

Portion stew into bowls, garnish with dollop of herbed sour cream and serve miche alongside. Dig in!

**Stew:** Yukon gold potato, vegetable stock, onion, carrot, celeriac, oyster mushroom, parsnip, sweet pea, tomato paste, red wine, soy sauce, red wine vinegar, corn starch, salt, pepper **Herbed Sour Cream:** Sour cream, heavy cream, lemon, parsley, thyme, rosemary, salt, pepper **Miche:** Flour, water, salt

Contains: Alcohol, wheat, milk, mushroom, soy

③ FARM-TO-FREEZER

**red bean risotto with fennel, sweet peas, red pepper and kale**

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