

PASTURE AND PLENTY

APRIL 22, 2024 | VEGETARIAN

HOORAY, IT'S MONDAY!

Get excited for a week of fun flavors! Think: a chimichurri grill kit with tempeh, sweet potatoes and a Mediterranean quinoa salad; a classic tomato basil soup and grilled cheese sammies with toum (a punchy sauce made with garlic, lemon juice, salt and oil); and then a rustic Italian lentil and oyster mushroom cacciatore over creamy polenta! And, best of all, we have Earth Day Dirt Cups – creamy chocolate pudding with a crumbly cookie topping – coming your way!



**chimichurri tempeh with
grilled sweet potato and quinoa salad**



**tomato basil soup
with toum grilled cheese**



**lentil and oyster mushroom
cacciatore over creamy polenta**



PRODUCER SPOTLIGHT

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

Winterfell Acres

Vitruvian Farms

Bandung

Madison Sourdough Co.

Cedar Grove Cheese

Carr Valley Creamery

Meadowlark Organics

Saffi Saana

EXTRA GOODNESS

earth day dirt cups

Instructions: Keep refrigerated and enjoy within 3 days.

Ingredients: Pudding (cream, dark chocolate, egg, sugar, salt), cookie crumbs (ap flour, butter, brown sugar, sugar, cocoa powder, salt)

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

chimichurri tempeh with sweet potato and quinoa salad

PREP &
COOK TIME

35
MINUTES

GRILLING INSTRUCTIONS

- 1 Set up your grill for dual-zone cooking. On a gas/electric grill: turn half your burners/elements on high — direct heat — and half on low — indirect heat. On a charcoal grill: get your coals good and white and, instead of spreading them evenly over the lower grate, bank all the coals to one side of the grill to create your high direct heat zone (and the the side with no coals is your indirect low heat zone).
- 2 While grill is preheating, prep your sweet potatoes: wash and scrub the potatoes; cut lengthwise into 1/2-inch thick wedges; place the potato wedges in a large bowl and toss with olive oil; season with salt and pepper. Then, take your tempeh out: slice into 1/2-inch thick slices; season with salt and pepper, as well as a coating of the chimichurri sauce, making sure to rub it into all the tempeh's nooks and crannies (reserve the remainder of the chimichurri to serve as a sauce later).
- 3 Place the sweet potato wedges on the cooler side of the grill, cooking for 4 to 7 minutes on each side or until they are tender and charred all over. Check early to be safe, every grill is different.
- 4 Once the sweet potatoes are on the grill, arrange the tempeh on the hot side of the grill. Cook until well-browned on the underside, about 5 minutes. Carefully flip the tempeh and cook until the other side has char marks as well, another 5 minutes.
- 5 While the sweet potatoes and tempeh are grilling, give the quinoa salad a quick toss to redistribute the dressing.
- 6 Plate the quinoa salad, placing the tempeh and grilled sweet potatoes alongside. Top with the chimichurri sauce and dig in!

IN YOUR BAG

- Tempeh
- Sweet Potato
- Chimichurri
- Quinoa Salad

PAIR WITH

the complex and juicy American Wine Project "Social Creature" Sabrevois Rosé or with the light and malty GLD.01 Golden Ale from Delta Beer Lab

ALTERNATE INSTRUCTIONS

Follow instructions above, but preheat oven to 400°F. Place sweet potato wedges on a sheet pan and roast for 25 to 30 minutes, flipping halfway through, until tender and crispy around the edges. Meanwhile, pan fry the tempeh. Heat a splash of oil in a large nonstick skillet over medium-high heat. When the oil is shimmering, add tempeh to the pan in a single layers. Fry for 3 to 5 minutes a side, or until well-browned and super crispy all over.

Tempeh: Soybean, apple cider vinegar, water, rhizopus oligosporous (tempeh culture) **Chimichurri:** Canola oil, olive oil, shallot, garlic, jalapeño, lime juice, cilantro, parsley, white wine vinegar, oregano, salt, red chile flake **Quinoa Salad:** Red quinoa, carrot, parsnip, spinach, parsley, chive, olive oil, salt, pepper, lemon juice **Sweet Potato** **Contains: Soy**

② READY-TO-EAT

tomato basil soup with toum grilled cheese

Heat soup over medium heat in a saucepan, stirring occasionally, until hot, about 6 minutes.

Spread toum on the inside of each bread slice, add munster and gouda slices on top of toum and close sandwich with the toum and cheese in the middle.

Heat a skillet over medium heat; melt a tablespoon or two of butter in the pan. Place sandwich in skillet, turning to coat both sides of sandwich with melted butter. Toast until bread is golden and cheese is melted, turning once, about 3 minutes per side.

Cut sandwich in half and plate; pour soup into bowl and dinner is on!

Soup: Tomato, vegetable stock, onion, celery, carrot, fennel, leek, garlic, red wine vinegar, olive oil, basil, salt, pepper, cayenne **Madison Sourdough Bread:** Flour, water, salt **Cheese:** muenster (milk, culture, salt, enzymes, annato), smoked gouda (milk, culture, salt, enzymes) **Toum:** Canola oil, garlic, lemon, water, salt

Contains: Wheat, milk

③ FARM-TO-FREEZER

lentil and oyster mushroom cacciatore over creamy polenta

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