

# PASTURE AND PLENTY

MAY 13, 2024 | VEGETARIAN

## HOORAY, IT'S MONDAY!

Get excited for a week of fun flavors, y'all! Think: green lentil and mushroom tamale pie kits with fresh greens and a cilantro lime vinaigrette; lettuce wraps with bulgur wheat and tofu larb – full of flavor with shallots, chiles de arbol, thai chiles, soy sauce, lime, lemongrass and ginger – topped with crispy cucumber salad; and a cozy groundnut stew rich with ground peanuts and just chock-full of veg! Add in some rye molasses cookie dough and the week is looking up.



**spiced lentil and mushroom tamale pie kit with greens and cilantro lime vinaigrette**



**larb style tofu and bulgur wheat lettuce wraps with cucumber salad**



**groundnut stew with brown rice**



### PRODUCER SPOTLIGHT

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

- Vitruvian Farms
- Meadowlark Organics
- Winterfell Acres
- Enos Farms
- Garden To Be
- Saffi Saana
- Hook's Cheese

### EXTRA GOODNESS

## rye molasses cookie dough

Instructions: Keep frozen until ready to bake, then bring dough to room temperature. Preheat oven to 325°F. Place cookies on a parchment-lined or greased cookie sheet. Bake in preheated oven for about 10 to 12 minutes, rotating halfway through for an even bake.

Ingredients: Rye flour, ap flour, sugar, butter, eggs, molasses, baking soda, ginger, cinnamon, cloves, salt.

**Contains: Milk, wheat, 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

## spiced lentil and mushroom tamale pie kit with greens and cilantro lime vinaigrette

PREP & COOK TIME

45  
MINUTES

IN YOUR BAG

Spiced Lentil & Mushroom Tamale Pie Filling

Wet Mix

Dry Mix

Greens

Cilantro Lime Vinaigrette

PAIR WITH

the darkly fruity the fresh and fruity El Jefe Tempranillo or the drinkable Up North Wisconsin Lager from One Barrel

- 1 Preheat oven to 425°F. While the oven preheats, prep your tamale pie for baking. Place tamale pie filling into a new, shallower container for baking: Meal Kits for 1 should use a 9"x5" bread pan; Meal Kits for 2 should use a 9"x9" baking pan; and Meal Kits for 4 should use a 9"x13" baking pan.
- 2 Once the oven has preheated, place the tamale pie filling onto a sheet pan and bake in the oven for 15 minutes.
- 3 While that is baking, mix your wet and dry ingredients together in a mixing bowl. After the initial 15 minutes of baking, remove the tamale pie from the oven. Using a large spoon, place small dollops of the batter mixture on top of the heated filling, then use the back of the spoon to spread it into an even layer.
- 4 Place the topped tamale pie back in the oven and bake until the filling is bubbling and the crust is golden, about 25 minutes. Remove the tamale pie from the oven and let rest for five minutes.
- 5 While the tamale pie is resting, toss the salad greens with vinaigrette to taste (you may have more than you need).
- 6 Portion the tamale pie onto individual plates, with the salad alongside, and dig in!

**Tamale Pie Filling:** Green lentil, onion, poblano pepper, red bell pepper, corn, tomato, tomato paste, cheddar cheese (milk, water, salt, enzyme, annatto), serrano pepper, butter, guajillo chile, ancho chile, pasilla chile, scallion, cilantro, garlic, lime, salt, pepper, cumin, coriander, oregano, paprika, cayenne **Wet Mix:** Sour cream, buttermilk, egg **Dry Mix:** Meadowlark cornmeal, ap flour, sugar, baking powder, salt, baking soda **Cilantro Lime Vinaigrette:** Canola oil, lime, dijon mustard, apple cider vinegar, cilantro, salt, pepper **Greens**

*Contains: Mushroom, wheat, milk, egg*

② READY-TO-EAT

## larb style tofu and bulgur wheat lettuce wraps with cucumber salad

Stir tofu and bulgur together with up to a 1/4 cup of water in a frying pan over medium-high heat; cook, stirring occasionally, until the water is evaporated and the dish is heated through, about 6 minutes.

Meanwhile, pick the mint and cilantro leaves from their stems; chop or leave whole as desired. Wash and slice the radish as thinly as possible.

Remove tofu mix from heat, and season to taste with salt and pepper.

Place lettuce leaves on serving plates, and divide tofu mix over lettuce leaves. Top each wrap with a bit of cucumber salad, mint, cilantro and sliced radish and the crispy shallots and peanuts. Fold the lettuce around the filling\* and enjoy!

*\*Feel free to enjoy the wraps more as a salad bowl, too, if that sounds easier and less messy! It'll be delicious either way.*

**Tofu & Bulgur Wheat Larb:** Tofu (filtered water, non-GMO soybean, food grade calcium sulfate, food grade calcium chloride), bulgur wheat, honey, shallot, garlic, chile de arbol, thai chile, soy sauce, salt, pepper, lime, lemongrass, ginger. **Cucumber Salad:** Cucumber, red onion, mint, cilantro, rice vinegar, white wine vinegar, lime, sugar, salt **Shallots & Peanuts:** Peanut, shallot, canola oil, salt **Vegetable Bag:** Lettuce, mint, cilantro, radish

*Contains: Wheat, soy, peanut*

③ FARM-TO-FREEZER

## groundnut stew with 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