

# PASTURE AND PLENTY

MAY 28, 2024 | VEGETARIAN

## HOORAY, IT'S TUESDAY!

And a short and sweet and delicious week it will be! Look for a grill kit with tempeh paired with a warm Spring veg salad with sauce verte; our take on British beans on toast, with white beans cooked until creamy with roasted red peppers, feta and greens served on toasted MSCo miche with local Winterfell salad greens and lemon vinaigrette; and our favorite feijoada meal (the most umami-laden and unctuous Brazilian black bean stew over brown rice and kale)!



**grilled marinated tempeh  
with warm Spring vegetable salad and  
sauce verte**



**roasted red pepper and  
feta white beans on toasted  
miche with greens and lemon  
vinaigrette**



**black bean and squash  
feijoada with scallion kale brown  
rice**



### PRODUCER SPOTLIGHT

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

Garden to Be  
Winterfell Acres  
Bandung  
Flyte Family Farm  
Madison Sourdough Co.  
Marr's Valley View Farm  
Saffi Saana  
Christensen Farm

### EXTRA GOODNESS

## strawberry rhubarb jam

Instructions: Freeze jam for up to 6 months and/or keep refrigerated for up to a month.

Ingredients: Rhubarb, sugar, strawberries, lemon juice, salt, vanilla extract

Contains: n/a

### 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

**grilled tempeh with Spring vegetable salad and sauce verte**

PREP &  
COOK TIME

50  
MINUTES

GRILLING INSTRUCTIONS

- 1 Preheat grill for medium-high heat. Meanwhile, get your prep on! First, wash and dry all vegetables. Core and deseed peppers, trim radishes, then cut them and potatoes into bite-sized pieces (about 1/2" x 1/2" cubes), place in a bowl, then season with salt, pepper, and a splash of olive oil. Set the asparagus aside in a separate container and also season with oil, salt and pepper.
- 2 Prepare your foil packets for the grill: tear off individual (one per person) 18-inch sheets of foil and fold each in half. Divide the potato, radish and pepper mixture among the folded foil sheets, piling it in the center. Bring the edges of the foil together and tightly seal into packets. Grill, moving and turning the packets often to make sure they cook evenly, until the veg is tender, about 25 minutes. Remove from grill and place the veg back in your bowl.
- 3 While the veg is cooking, remove your tempeh from the marinade. Drizzle the tempeh with a bit of olive oil and season it with salt and pepper. Place tempeh slices on the grill, and sear the first side until browned with defined grill marks, about 4 to 6 minutes. Flip and cook another 4 to 6 minutes and until the other side has char marks, too. At the same time you cook the tempeh, add the asparagus spears to the grill and also cook until crisp-tender and well-browned. Remove the asparagus to a cutting board and roughly chop into bite-sized pieces. Transfer the tempeh to the cutting board and loosely cover with foil to keep warm (if needed).
- 4 While everything is grilling, wash and dry your kale, then slice it into thin ribbons. Once the veg packets are done grilling, toss the kale with the warm veg to slightly wilt it; add the sliced asparagus in when ready, too. Then, dress the warm vegetable salad with most of the sauce verte (reserving a small spoonful per person for later). Taste for seasoning and add salt and pepper, if needed.
- 5 To plate, place your warm veg salad on the plate, with the grilled tempeh alongside. Drizzle the reserved sauce verte over everything. Enjoy!

**Marinated Tempeh:** Tempeh (soybean, apple cider vinegar, water, rhizopus oligosporous [tempeh culture]), marinade (soy sauce, maple syrup, rice wine vineegar, garlic, onion, fennel, chile de arbol) **Sauce Verte:** Canola oil, caper, lemon, red wine vinegar, parsley, chive, oregano, salt, pepper, chile de arbol **Vegetable Bag:** Potato, radish, bell pepper, asparagus, kale

*Contains: Soy*

② READY-TO-EAT

**roasted red pepper and feta white beans on toasted miche**

Warm red pepper white beans over medium-low heat in a saucepan, stirring occasionally, just until it begins to steam, about 5 minutes.

Meanwhile, toss mixed greens with desired amount of vinaigrette and pop miche into the toaster oven for just a few seconds to warm.

Spoon hot red pepper white beans onto the top of the toasted miche, sprinkle with crumbled feta, and serve salad on the side. Enjoy!

**White Beans:** White bean, vegetable stock, red bell pepper, kale, onion, celery, carrot, garlic, lemon, red wine vinegar, chive, thyme, oregano, salt, pepper **Feta:** Pasteurized milk, salt, cheese culture, enzymes **Miche:** Flour, water, salt **Vinaigrette:** Canola oil, white wine vinegar, lemon, dijon mustard, honey, salt, pepper **Greens**

*Contains: Milk, wheat*

③ FARM-TO-FREEZER

**black bean and squash feijoada with scallion kale brown rice**

See label for instructions and ingredients.

IN YOUR BAG

Marinated  
Tempeh

Sauce Verte

Vegetable Bag

PAIR WITH

the fruity and fun Seehof Same Same But Different White or the bready and malty Pale Weizenbock from Giant Jones



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