

PASTURE AND PLENTY

JULY 8, 2024 | VEGETARIAN

HOORAY, IT'S MONDAY!

Get excited for a week of fun flavors, y'all! Look for: gado gado, an Indonesian composed salad chock-full of potatoes, green beans and crunchy veg, all topped with a peanut satay sauce and tofu; a creamy sweet corn and roasted poblano chowder with toasted miche and tomato compound butter; and our fan-favorite baked ziti with roasted eggplant, cauliflower and sarvecchio besciamella!



gado gado grill kit with tofu and peanut satay sauce



poblano corn chowder with miche and tomato compound butter



baked ziti with roasted eggplant and cauliflower, spinach and sarvecchio besciamella



PRODUCER SPOTLIGHT

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

Garden 2 Be

Crossroads Community Farm

Winterfell Acres

Alsum Sweet Corn

Happy Valley Farm

Marr's Valley View Farm

Sartori Cheese

Madison Sourdough Co.

Vitruvian Farms

EXTRA GOODNESS

seven layer bars

Instructions: Keep refrigerated and enjoy within 5 days!

Ingredients: Graham cracker crumbs, butter, semi sweet chocolate chips, sweetened coconut flakes, sweetened condensed milk, white chocolate chips, brown sugar, egg yolks, banana chips, salt

Contains: Wheat, milk, egg, coconut

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

gado gado grill kit with tofu and peanut satay sauce

PREP &
COOK TIME

40
MINUTES

IN YOUR BAG

- Tofu
- Peanut Satay Sauce
- Potatoes & Green Beans
- Fried Shallots & Peanuts
- Vegetable Jar

PAIR WITH

the fruity and fun Seehof Same Same But Different White or the light and crisp To Those Who Wait Czech-Style Pilsner from Working Draft

GRILLING INSTRUCTIONS

- 1 Preheat your grill for medium-high heat.
- 2 Trim the ends off of your green beans; place in a large bowl. Prep your potatoes: wash and scrub the potatoes; cut into bite sized pieces (about 3/4" cubes); place the potatoes in the large bowl with the green beans and toss with olive oil; season with salt and pepper. Slice your tofu into 1/2"-thick planks, season with salt and pepper, then lightly coat with a thin layer of the peanut sauce (reserving the majority to dress your salad at the end).
- 3 Carefully place your vegetables in a grill basket. If you don't have a grill basket, shape a large piece of foil into the shape of a box, poke holes in it (to allow the heat and smoke to come through) and place it on the grill; add your veggies to your foil basket. Cook the beans and potatoes until they are tender and charred all over, about 15 minutes. Check early to be safe, every grill is different. Remove from grill and set aside.
- 4 Place your tofu planks on the grill (making sure it's well oiled) and grill over direct heat until golden and caramelized, about 3 minutes per side.
- 5 To serve, divide the grilled green beans and potatoes and sliced raw vegetables evenly on individual plates. Top with the grilled tofu. Drizzle each plate generously with the remainder of the peanut sauce and top with the fried shallots and peanuts. Dig in!

ALTERNATE INSTRUCTIONS

Follow instructions above, but instead of using a grill, preheat an oven to 400°F. Place vegetables onto a sheet pan and roast, checking and flipping occasionally, until veg is tender and browned, about 15 to 20 minutes. Meanwhile, preheat a heavy bottomed skillet (or grill pan) over high heat, then add a drizzle of olive oil. Place the tofu in the pan and cook until golden and caramelized, about 3 minutes per side.

Peanut Satay 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 **Vegetable Jar:** Cabbage, cucumber, bell peppers, turnip, cherry tomato **Fried Shallots & Peanuts:** Shallot, peanut, canola oil, salt **Tofu:** Water, soybean, calcium sulfate, calcium chloride **Potatoes & Green Beans**

Contains: Soy, peanut, wheat

② READY-TO-EAT

poblano corn chowder with miche and tomato compound butter

In a saucepan, warm soup over medium heat until hot, stirring occasionally, about 6 minutes. Alternatively, heat in microwave on Medium High, stirring occasionally, about 4 minutes.

Toast the miche and slather with compound butter. Ladle soup into individual bowls, serve toast alongside, and dig in!

Corn Chowder: Vegetable stock, yukon gold potato, sweet corn, onion, poblano pepper, white wine, heavy cream, cilantro, scallion, lime, garlic, salt, butter, coriander, sweet smoked paprika, pepper, red chile flake **Miche:** Flour, water, salt **Compound Butter:** Butter, tomato, cherry tomato, red bell pepper, sugar, white wine, onion, garlic, olive oil, basil, saffron

Contains: Milk, wheat, alcohol

③ FARM-TO-FREEZER

baked ziti with roasted eggplant and cauliflower, spinach and sarvecchio besciamella

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