

PASTURE AND PLENTY

JULY 15, 2024 | VEGETARIAN

HOORAY, IT'S MONDAY!

We can't wait to share this week's summery menu with y'all! Get excited for: miso-honey glazed tofu atop warm rice with a crisp, cooling cucumber salad and grilled green beans; creamy lentils in a golden mustard bbq sauce on Madison Sourdough ciabatta with crunchy slaw and classic potato salad; and a LOADED lo mein full of farm-fresh veg (think broccoli, carrots, bell peppers and bok choy), local tempeh and roasted shiitake mushrooms from Vitruvian!



miso honey tofu with scallion sesame rice, cucumber salad and grilled green beans



mustard bbq lentil sandwich with slaw, pickles and potato salad



loaded vegetable lo mein with tempeh



PRODUCER SPOTLIGHT

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

Madison Sourdough Co.

Flyte Family Farms

Half the 40 Acres Farm

Gentle Breeze Honey

Alsum Family Farms

Garden 2 Be

Bandung

Winterfell Acres

Vitruvian Farm

EXTRA GOODNESS

chocolate granola

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

Ingredients: Oats, maple syrup, chocolate chips, coconut oil, sliced almonds, sweetened coconut flakes, cocoa powder, vanilla, salt

Contains: Tree nut (almond), 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

miso honey tofu with scallion sesame rice, cucumber salad and grilled green beans

PREP & COOK TIME

40 MINUTES

GRILLING INSTRUCTIONS

- 1 Preheat grill for medium-high heat. While the grill is preheating, wash and dry the green beans. Trim ends of beans, place in a bowl, then season with salt, pepper, and a splash of olive oil. Next, remove your tofu from its packaging, slice it into 1/2"-thick planks and coat the planks with about half of the miso honey marinade (you'll want to reserve half to use as a sauce on the final dish).
- 2 Carefully place your beans 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 veg until well-caramelized and slightly softened. Remove from grill and place back in your bowl. Taste for seasoning and add salt and pepper, if needed.
- 3 At the same time, place tofu planks carefully 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.
- 4 While grilling the tofu, give your cucumber salad a stir to redistribute the dressing. You'll also want to reheat your rice in a small saucepan over low heat until heated through, about 5 minutes. Stir occasionally and add a splash of water or oil as needed to prevent sticking.
- 5 To plate, place your rice on the plate, with the cucumber salad and grilled beans alongside. Top with the grilled tofu. Drizzle the reserved miso-honey marinade over it all. Enjoy!

ALTERNATE INSTRUCTIONS

Follow instructions above, but instead of using a grill, preheat oven to 425°F. Toss veg onto a sheet pan and roast for 10 to 15 minutes, stirring halfway through. Beans should be charred and slightly softened. Meanwhile, heat a small amount of olive oil in a skillet over medium-high heat. Add the tofu planks and sear on both sides until well browned, about 4 to 6 minutes a side.

Tofu: Water, soybean, calcium sulfate, calcium chloride **Scallion Sesame Rice:** White rice, water, scallion, salt, sesame seed, sesame oil **Cucumber Salad:** Cucumber, soy sauce, rice wine vinegar, brown sugar, sesame oil, garlic, togarashi (red chili flake, orange peel, white sesame seed, black sesame seed, sichuan peppercorn, ginger powder, poppy seed, nori), black sesame seed, white sesame seed **Miso Honey Marinade:** White miso, honey, soy sauce, rice wine vinegar, ginger, garlic, sambal, salt **Green Beans**

Contains: Soy, sesame

② READY-TO-EAT

mustard bbq lentil sandwich with slaw, pickles and potato salad

Place bbq lentils in a sauté pan with a splash of water over medium heat and cook, stirring occasionally, until heated through, about 5 to 7 minutes.

While lentils are heating, slice ciabatta buns in half and toast, then give slaw a toss to redistribute the dressing.

Layer the bbq lentils a bit of slaw and some pickles on the bottom half of the toasted bun before setting on the top half.

Plate the sandwiches and serve the remainder of the slaw, pickles and the potato salad on the side. Dig in!

BBQ Lentils: Green lentil, yellow mustard, brown sugar, carrot, apple cider vinegar, tomato paste, orange, red onion, chipotle, salt, pepper, garlic, cumin, coriander, paprika **Ciabatta:** Flour, water, olive oil, salt, yeast **Pickles:** Cucumber, white wine vinegar, apple cider vinegar, distilled white vinegar, water, sugar, salt **Slaw:** Green cabbage, purple cabbage, carrot, apple, mayo (canola oil, egg, lemon, dijon, garlic), lemon, lime, poppy seed, scallion, cilantro, parsley. **Potato Salad:** Russet potato, celery, cornichon, mayo (canola oil, egg, lemon, dijon, garlic), red onion, scallion, whole grain mustard, salt, white wine vinegar, pepper.

Contains: Wheat, egg

③ FARM-TO-FREEZER

loaded vegetable lo mein with tempeh

See label for instructions and ingredients.

IN YOUR BAG

Tofu

Scallion

Sesame Rice

Cucumber Salad

Miso Honey Marinade

Green Beans

PAIR WITH

the complex and juicy American Wine Project "Social Creature" Sabrevois Rosé or the light No Está Mal Mexican Lager from Working Draft

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

