

PASTURE AND PLENTY

JULY 22, 2024 | VEGETARIAN

HOORAY, IT'S MONDAY!

Get excited for: a fan favorite fajita dinner with flavorful, marinated oyster mushrooms, tender grilled veggies and frijoles charros; a classic BLT with crispy house-made tempeh bacon and lemon pepper aioli with a summery pesto pasta salad; and a buttery, flaky galette from Ana and Carissa of Tart that's chockfull of summer veggies.... think: zucchini, summer squash, bell peppers, cherry tomatoes, mushrooms, garlic scapes and more!



marinated oyster mushroom fajita kit with frijoles charros



tempeh BLT with pesto pasta salad



Tart's summer vegetable and fontina galette



PRODUCER SPOTLIGHT

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

- Crossroads Community Farm
- Flyte Family Farm
- Don's Produce
- Garden To Be
- Bandung Indonesian Cuisine
- Winterfell Acres
- Jones Dairy Farm
- Vitruvian Farm
- Madison Sourdough Co.
- Tart

EXTRA GOODNESS

banana walnut muffins

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

Ingredients: banana, ap flour, brown sugar, walnuts, butter, egg, milk, oil, baking powder, baking soda, cinnamon, vanilla extract, salt, nutmeg

Contains: Wheat, tree nut (walnut), milk, 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

oyster mushroom fajita kit with frijoles charros

PREP &
COOK TIME

40
MINUTES

IN YOUR BAG

- Oyster Mushrooms
- Fajita Marinade
- Bell Peppers and Onions
- Pepperjack Cheese
- Flour Tortillas
- Frijoles Charros

PAIR WITH

the fresh and fruity El Jefe Tempranillo or the hoppy and hazy Justified West Coast IPA from Working Draft

GRILLING INSTRUCTIONS

- 1 Prep your vegetables either in the morning or in the evening about an hour before you want to cook (to give the veggies time to marinate). Rinse and dry all vegetables. De-stem and deseed your peppers and slice into 1/2"-thick strips. Peel, core and slice your onions into a similar size. De-stem your mushrooms and also slice into strips. Toss the peppers, onions and mushrooms in bowl with the marinade (refrigerate until ready to use if doing in the morning).
- 2 When ready to cook, preheat your grill for medium-high heat. Remove the mushrooms, onions and peppers from the marinade and carefully place them 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 charred and slightly softened. Remove from grill and set aside on a platter for serving.
- 3 Gently reheat the frijoles charros in a saucepan over medium-low heat for about 4 to 6 minutes, or until hot. Stir occasionally.
- 4 Also reheat tortillas in a hot skillet, 5 seconds per side; keep flipping until flexible and warm. Alternatively, wrap tortillas in a damp paper towel and microwave for 30 seconds. Keep tortillas wrapped in a towel after heating to keep them warm and pliable until you're ready to eat.
- 5 Once everything is ready, serve vegetables immediately in hot tortillas topped with the pepperjack cheese, with the frijoles charros alongside. Enjoy!

STOVE TOP INSTRUCTIONS

Follow instructions above, but instead of using a grill, heat a small amount of olive oil in a skillet over medium-high heat. Place mushrooms, onions and peppers in the skillet and cook, stirring occasionally, until they soften and begin to caramelize, 8 to 10 minutes. Also reheat tortillas in a hot skillet, 5 seconds per side; keep flipping until flexible and warm.

Vegetable Bag: Bell peppers, onion **Marinade:** Soy sauce, lime juice, canola oil, brown sugar, pasilla, guajillo, ancho, garlic, cumin, pepper, salt **Cheese:** Pasteurized milk, cheese cultures, jalapeño peppers, salt, enzymes **Tortillas:** Bleached enriched flour, water, shortening, salt, leavening, calcium propionate, fumaric acid, mono diglyceride, cellulose gum, sorbic acid, enzymes, sodium metabisulfite **Frijoles Charros:** Pinto bean, vegetable stock, fire roasted tomato, onion, red bell pepper, green bell pepper, jalapeno, garlic, cilantro, salt, guajillo, pasilla, ancho, pepper **Oyster Mushrooms**

Contains: Mushroom, milk, wheat, soy

② READY-TO-EAT

tempeh BLT with pesto pasta salad

Wash and dry lettuce leaves and slice your tomatoes. Then reheat tempeh bacon in a skillet over medium heat until crisp again, about 3 to 4 minutes (bacon is partially cooked). Meanwhile, toast your sourdough bread. Slather one side of each piece of toast with the aioli.

Divide lettuce evenly between both pieces of bread. Layer tomato slices on top of lettuce on 1 piece of bread; season generously with salt and pepper. Break tempeh bacon slices in half and layer onto the tomato slices. Close sandwich and cut in half diagonally. Serve immediately with pesto pasta salad on the side. Enjoy!

Tempeh Bacon: Tempeh (soybean, apple cider vinegar, water, rhizopus oligosporous [tempeh culture]), olive oil, maple syrup, soy sauce, smoked paprika, salt **MScO Sourdough:** Flour, water, salt **Aioli:** Canola oil, egg, lemon, olive oil, garlic, white wine vinegar, pepper, salt **Pasta Salad:** Cavatappi noodles, pesto (canola oil, pepita, parmesan, garlic, basil, arugula, red wine vinegar, salt), summer squash, zucchini, cherry tomato, fresh mozzarella **Lettuce & Tomatoes**

Contains: Soy, milk, wheat, egg

③ FARM-TO-FREEZER

Tart's summer vegetable and fontina galette

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