

PASTURE AND PLENTY

JULY 29, 2024 | VEGETARIAN

HOORAY, IT'S MONDAY!

Get excited for: pan-seared tempeh atop creamy polenta with fresh sautéed spinach and house-made fruit mostarda; everyone's favorite Thai-inspired coconut curry with tofu and loads of farm-fresh zucchini, summer squash, chard, broccoli, cauliflower and roasted cherry tomatoes; and last, but never least, our long-time staple....lemony lentil soup! Oh, and did we mention the lightest, fluffiest and fruitiest mousse you could ever want?



pan-seared tempeh
with peach mostarda, creamy polenta
and sautéed spinach



Thai red coconut tofu
curry with brown rice, cilantro &
scallion



lemony lentil soup



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
Vitruvian Farm
Sartori Cheese
Sitka Seafood Market
Neesvig Purveyors

EXTRA GOODNESS

cherry mousse

Instructions: Keep refrigerated and enjoy within 5 days.

Ingredients: Heavy cream, cream cheese, cherry preserves (sugar, cherries, water, apple pectin, salt), powdered sugar, maraschino cherry juice, vanilla extract

Contains: Milk

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

pan-seared tempeh with peach mostarda, creamy polenta and sautéed spinach

PREP & COOK TIME

30 MINUTES

IN YOUR BAG

- Tempeh
- Herb Marinade
- Peach Mostarda
- Creamy Polenta
- Spinach

PAIR WITH

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

- 1 In the morning, slice tempeh into 1/2" thick planks. Place tempeh planks in a lidded container and toss with marinade; place back in fridge. Or, place tempeh planks in the marinade at least an hour before you start cooking.
- 2 Remove tempeh from marinade and season with salt and pepper. Heat a splash of oil in a large nonstick skillet over medium-high heat. When the oil is shimmering, add tempeh to the pan in a single layers. Fry for 3 to 5 minutes a side, or until well-browned and super crispy all over.
- 3 While the tempeh is cooking, warm creamy polenta in a saucepan over medium heat, adding a little water or milk and stirring occasionally, until hot, about 8 minutes. Alternately, remove lid, cover with a plate or paper towel, and microwave on Medium High until hot, 3 to 8 minutes; stir halfway through heating time, and add in a small amount of water or milk if needed.
- 4 Last, rinse the spinach and drain well. Heat a tablespoon or two of olive oil in a skillet large enough to hold all the spinach. Add the spinach; season with salt and pepper. Cook over high heat, stirring rapidly, until the spinach is wilted and most of the moisture has evaporated, about 2 to 3 minutes. Serve immediately.
- 5 Divide polenta onto individual serving plates, top with tempeh and peach mostarda; serve sautéed spinach on the side. Enjoy!

Tempeh: Soybean, apple cider vinegar, water, rhizopus oligosporous (tempeh culture) **Herb Marinade:** Canola oil, apple cider vinegar, white wine vinegar, thyme, rosemary, parsley, garlic, shallot, salt, pepper **Peach Mostarda:** Peach, apple, cherry, cranberry, onion, white wine, sherry, yellow mustard seed, brown mustard seed, salt, crystalized ginger, powdered ginger, red pepper flake **Creamy Polenta:** Polenta, whole milk, sarvecchio (milk, cheese cultures, salt, enzymes), red wine vinegar, salt, pepper **Spinach**

Contains: Soy, milk, alcohol

② READY-TO-EAT

Thai red coconut tofu curry with brown rice, cilantro & scallion

Heat curry and rice in separate saucepans over medium-low heat until hot, adding up to 1/2 cup water as needed, about 6 minutes.

While the curry is heating, wash and dry cilantro and scallions; chop finely.

Divide rice onto plates, top with curry. Garnish with chopped herbs and enjoy!

Tofu Curry: Coconut milk, brown rice, onion, summer squash, zucchini, tofu, cauliflower, broccoli, rainbow chard, cherry tomato, red curry paste, lemongrass, ginger, garlic, lime juice, coconut oil, Thai basil, cilantro, salt, brown sugar, soy sauce **Brown Rice:** Brown rice, water, salt **Scallions & Cilantro**

Contains: Coconut, soy, wheat

③ FARM-TO-FREEZER

lemony lentil soup

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