

PASTURE AND PLENTY

AUGUST 12, 2024 | VEGETARIAN

HOORAY, IT'S MONDAY!

We've another fun, summery menu ahead, y'all! Look for: grilled jerk tempeh with Caribbean black beans, lime cilantro slaw and mango pineapple salsa; a beat-the-heat cold heirloom tomato gazpacho with toasted miche and creamy white bean purée; and then our signature tofu dan dan sauce, chockfull of mustard greens, served with long, slurpable egg noodles! Plus, who doesn't want a fun weekday pancake breakfast (or dinner, we're not judging)?



jerk tempeh with Caribbean black beans, lime cilantro slaw and mango pineapple salsa



heirloom tomato gazpacho with miche and white bean purée



tofu dan dan sauce with pickled mustard greens and noodles



PRODUCER SPOTLIGHT

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

Winterfell Acres

Bandung

Vitruvian Farms

Enos Farms

Madison Sourdough Co.

Saffi Saana

Flyte Family Farm

EXTRA GOODNESS

buttermilk whole wheat pancake mix

Instructions: Combine the wet and dry ingredients in a bowl with a rubber spatula until just combined. Cover with plastic wrap and let rest for 10-15 minutes before cooking. Heat a pan on medium heat and grease with oil or butter. Use about 1/2 a cup of batter to make a 4-5 inch pancake. Cook for 3-4 minutes per side. Add berries, nuts, chocolate chips, etc!!

Ingredients: Dry mix (ap flour, whole wheat flour, sugar, cinnamon, baking powder, baking soda, salt), wet mix (buttermilk, egg, oil, vanilla extract)

Contains: Milk, wheat, 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

jerk tempeh with Caribbean black beans, lime cilantro slaw and mango pineapple salsa

PREP &
COOK TIME

30
MINUTES

IN YOUR BAG

- Tempeh
- Caribbean Black Beans
- Lime Cilantro Slaw
- Mango Pineapple Salsa
- Jerk Marinade

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

GRILLING INSTRUCTIONS

- 1 Slice tempeh blocks, lengthwise, into 1/4" thick slices. Put tempeh slices in a baking dish, add jerk marinade and coat well. Cover and marinate, refrigerated, for at least 6 hours, but preferably overnight. To moderate the spice levels, either use less of the marinade and/or marinate for less time.
- 2 Preheat grill for medium-high heat. Once hot, arrange the tempeh on the grill. Cook until well-browned on the underside, about 5 minutes. Carefully flip the tempeh and cook until the other side has char marks as well, another 5 minutes.
- 3 While the tempeh is grilling, reheat the beans in a saucepan over medium-low heat, adding a little water and stirring occasionally, until hot, about 8 minutes. Also give the slaw a quick toss to redistribute the dressing.
- 4 Plate the tempeh with the black beans and slaw, serving the mango pineapple salsa alongside. Dig in!

ALTERNATE INSTRUCTIONS

Follow instructions above, but pan fry the tempeh. 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.

Tempeh: Soybean, apple cider vinegar, water, rhizopus oligosporous (tempeh culture) **Caribbean Black Beans:** Black bean, water, orange, lime, allspice, garlic, nutmeg, salt, pepper **Lime Cilantro Slaw:** Green cabbage, carrot, jalapeño, radish, honey, lime, cilantro, salt, pepper **Mango Pineapple Salsa:** Pineapple, mango, red bell pepper, red onion, jalapeño, cilantro, lime, apple cider vinegar, sugar, salt **Jerk Marinade:** Soy sauce, olive oil, ginger, garlic, habañoero, brown sugar, scallion, nutmeg, lime, thyme, salt, pepper

Contains: Soy, wheat

② READY-TO-EAT

heirloom tomato gazpacho with miche and white bean purée

Toast miche and spread white bean purée evenly over the toasted slice(s).

Give soup a quick stir to recombine everything – gazpacho should be served cold – then portion into bowls.

Serve gazpacho drizzled with a bit of olive oil and a twist of black pepper; serve toasted miche and bean purée alongside. Enjoy!

Gazpacho: Tomato, cucumber, red onion, green bell pepper, green carmen pepper, red bell pepper, sherry vinegar, salt, pepper **Miche:** Flour, water, salt **White Bean Purée:** White bean, water, garlic, lemon, salt, red chile flake

Contains: Wheat

③ FARM-TO-FREEZER

tofu dan dan sauce with pickled mustard greens and noodles

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