

# PASTURE AND PLENTY

SEPTEMBER 23, 2024 | VEGETARIAN

## HOORAY, IT'S MONDAY!

We're excited for a week packed *full* of flavor, y'all! Look for: tempeh penyet rice bowls with sambal sauce, seasoned soy sauce and a limey cucumber-cabbage salad; our slow-cooked cherry tomato, onion and roasted vegetable ragù over creamy and lemony goat cheese polenta; and a comfort food fave, buffalo mac and cheese, but loaded with vegetables for a classic P&P twist! And, for a fun seasonal treat, we whipped up pumpkin spice trail mix for you!



**tempeh penyet rice bowl  
with sambal and cucumber cabbage  
salad**



**cherry tomato, onion and  
roasted summer squash  
ragù with lemony goat cheese  
polenta**



**buffalo cauliflower mac and  
cheese with celery, carrots and  
spinach**



### PRODUCER SPOTLIGHT

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

**Bandung, Winterfell Acres,  
Vitruvian Farm, Flyte Family Farm,  
Sartori Cheese, Hook's Cheese, Roth  
Creamery, Saffi Saana, Happy Valley  
Farm, Montchevre, Flyte Family Farm**

### EXTRA GOODNESS

## pumpkin spice trail mix

Instructions: Store at room temperature and enjoy within 2 weeks.

Ingredients: Spiced rice chex cereal (rice chex [whole grain rice, rice, sugar, salt, molasses], butter, sugar, cinnamon, salt, ginger, clove, allspice, black pepper), Snyder's pretzels (enriched flour, tapioca malt syrup, salt, canola oil, cane sugar, yeast, soda), candy corn (sugar, corn syrup, confectioner's glaze, salt, dextrose, gelatin, sesame oil, artificial flavor, honey, yellow 6, yellow 5, red 3), roasted peanuts, m&ms (sugar, cocoa mass, skimmed milk powder, cocoa butter, lactose, starch, milk fat, palm fat, glucose syrup, shea fat, stabiliser, dextrin, glazing agents, colours, beetroot concentrate, emulsifiers, salt, flavourings, palm kernel oil, antioxidant), pepitas

**Contains: Wheat, milk, peanut, sesame**

### 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

tempeh penyet rice bowl with sambal and cucumber cabbage salad

PREP & COOK TIME

20 MINUTES

IN YOUR BAG

Tempeh

Scallion Rice

Sambal Sauce

Cucumber Salad

Seasoned Soy Sauce

PAIR WITH the light and crisp Where's Linus? Orange Piquette or the malty Pale Wiezenbock from Giant Jones Brewing

- 1 Slice tempeh into 1/4" thick slices.
- 2 Warm rice in a saucepan over low heat, adding a little water (if needed) and stirring occasionally, until hot, about 8 minutes. Once hot, cover with lid and remove from heat (it should stay warm while you finish cooking the tempeh and sambal).
- 3 While the rice is reheating, pan fry the tempeh. Heat 1/4 cup oil in a large nonstick skillet over medium-high heat. When the oil is shimmering, but not smoking, carefully add the tempeh to the pan in a single layer using tongs. Fry for 3 to 5 minutes on each side, or until well-browned and super crispy all over. You may need to fry in batches, adding extra oil as needed. Transfer the tempeh to a paper towel-lined baking sheet to drain; season with salt, to taste.
- 4 Wipe clean the frying pan that you used to cook the tempeh. Over medium-low heat, reheat the sambal\* until steaming, about 2 minutes. Turn off the burner and place the tempeh on top of the sambal. Using a wooden spoon, gently flatten each piece of tempeh, gently massaging it into the sambal. You want to create small cracks and crevices where the tempeh meets the sambal so the sambal can coat all parts of the tempeh, rather than completely crushing the tempeh. Flip the tempeh, and repeat.
- 5 Give the cucumber cabbage salad a stir to redistribute the dressing.
- 6 Serve tempeh, sambal and cucumber cabbage salad over the rice. Drizzle with the seasoned soy sauce (to taste) and dig in!

\*Taste the sambal for spiciness! Use as much (or as little) as you would like!

**Tempeh:** Soybean, apple cider vinegar, water, rhizopus oligosporus (tempeh culture) **Scallion Rice:** White rice, scallion, water, salt **Sambal Sauce:** Tomato, onion, shallot, white vinegar, red cowhorn pepper, szechuan pepper, cayenne pepper, thai chili, garlic, sugar, salt, potassium sorbate, potassium bisulfate, xanthum gum **Cucumber Salad:** Green cabbage, cucumber, rice vinegar, parsley, dill, tarragon, salt **Seasoned Soy Sauce:** Soy sauce, brown sugar, rice wine vinegar, black vinegar, garlic, star anise, fennel, ginger

Contains: Soy, wheat

② READY-TO-EAT

cherry tomato, onion and roasted summer squash ragù with lemony goat cheese polenta

Reheat ragù in a saucepan over medium heat, stirring often, until hot, about 6 to 8 minutes. If necessary, add a splash of water to thin sauce as it heats.

Warm polenta in a separate saucepan over medium-low heat until hot, stirring frequently, until hot, about 8 minutes. Add more water (or milk) as necessary; polenta should be soft, creamy and slightly loose. To make it extra creamy, feel free to add a tablespoon or two of butter, as well.

Plate your creamy polenta and ladle the ragù over top; finishing with a sprinkling of cheese and herbs. Enjoy!

**Ragù:** Onion, red onion, summer squash, zucchini, cherry tomato, tomato, celery, carrot, white wine, red wine vinegar, tomato paste, olive oil, parsley, basil, salt, pepper

**Polenta:** Coarse polenta, water, milk, goat cheese, lemon, salt, red pepper flake **Herbed**

**Sarvecchio:** Sarvecchio (milk, salt, culture, enzyme), parsley, dill, thyme

Contains: Milk, alcohol

③ FARM-TO-FREEZER

buffalo cauliflower mac and cheese with celery, carrots and spinach

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