

# PASTURE AND PLENTY

OCTOBER 7, 2024 | VEGETARIAN

## HOORAY, IT'S MONDAY!

Get excited for a great line-up this week: a Thai-style tofu satay paired with fragrant coconut rice, grilled dragon tongue beans and a mildly spicy peanut sauce; a cozy soup with lemony white beans and copious amounts of hearty greens paired with wedges of MSCo seed & grain bread and herb butter; and our take on ratatouille, chockfull of velvety eggplant, peppers, tomatoes and zucchini served atop our signature creamy parmesan polenta!



**Thai-style tofu satay with coconut scallion rice, grilled vegetables and peanut sauce**



**lemony greens and white bean soup with MSCo seed & grain boule with herb butter**



**ratatouille over parmesan polenta**



### PRODUCER SPOTLIGHT

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

Happy Valley Farm

Madson Sourdough Co.

Winterfell Acres

Vitruvian Farms

Flyte Family Farms

Saffi Saana

Sartori Cheese

### EXTRA GOODNESS

## apple crisp

Instructions: Cobbler can be frozen for up to 3 months and/or refrigerated for a week before baking. Before baking, let thaw in refrigerator. Preheat oven to 350°F. Place pyrex on baking sheet and bake until top is golden brown and the filling is bubbling throughout, about 28-35 minutes for MKs for 4 and 20-25 minutes for MKs for 1 and 2.

Ingredients: Filling (apples, white sugar, brown sugar, flour, cinnamon, nutmeg, salt), crumble (butter, ap flour, brown sugar, granulated sugar, oats salt)

Contains: *Wheat, 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

# Thai-style tofu satay with coconut scallion rice, grilled vegetables and peanut sauce

PREP & COOK TIME

40 MINUTES

GRILLING INSTRUCTIONS

- 1 Cut your tofu into bite-sized cubes and carefully toss with the satay marinade in a bowl; let tofu marinate for at least 20 minutes (although longer is always better) in the refrigerator. At the same time, soak your skewers in water to keep them from charring. When ready to cook, thread the marinated tofu cubes onto the skewers.
- 2 Preheat your grill for medium-high heat. Wash, dry and snap ends off of dragon tongue beans. Toss in a bowl with a splash of oil and season with salt and pepper.
- 3 Carefully place your vegetables 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 beans until they are tender and charred all over, about 15 minutes. Check early to be safe, every grill is different. Remove from grill and set aside.
- 4 Place your tofu skewers on the grill (making sure it's well oiled) and grill over direct heat until golden and caramelized, about 3 minutes per side.
- 5 While the chicken is cooking, microwave coconut rice with a splash of water until warm.
- 6 Portion coconut rice onto plates, top with tofu satay and grilled vegetables, then spoon the peanut sauce liberally over the top. Enjoy!

IN YOUR BAG

- Tofu
- Skewers
- Satay Marinade
- Coconut Rice
- Peanut Sauce
- Vegetable Bag

PAIR WITH

the citrusy and spicy FUSO Cala Bianco Terre Siciliane or the malty Pale Weizenbock from Giant Jones

ALTERNATE INSTRUCTIONS

Follow instructions above, but instead of using a grill, preheat an oven to 400°F. Place vegetables onto a sheet pan and roast, checking and flipping occasionally, until veg is tender and browned, about 15 to 20 minutes. Meanwhile, preheat a heavy bottomed skillet (or grill pan) over high heat, then add a drizzle of olive oil. Cook tofu skewers until golden and caramelized, about 3 minutes per side.

**Tofu:** Water, organic non-GMO soybeans, imported Japanese nigari (magnesium chloride) **Satay Marinade:** Coconut milk, soy sauce, red curry paste (dried chile pepper, garlic, shallot, salt, lemongrass, sugar, kaffir lime, galangal, spices [coriander seeds, cumin, cardamom], citric acid), lime juice, garlic, ginger, lemongrass, brown sugar, turmeric, cumin, coriander, cayenne **Coconut Rice:** White rice, water, coconut flake, scallion, salt, pepper **Peanut Sauce:** Peanut, water, shallot, garlic, soy sauce, rice vinegar, red curry paste (dried chile pepper, garlic, shallot, salt, lemongrass, sugar, kaffir lime, galangal, spices [coriander seeds, cumin, cardamom], citric acid), brown sugar, salt **Vegetable Bag:** Dragon tongue beans **Skewers** *Contains: Coconut, soy, peanut, wheat*

② READY-TO-EAT

# lemony greens and white bean soup with MSCo seed & grain boule with herb butter

In a saucepan, warm soup over medium heat until hot, stirring occasionally, about 6 minutes. Alternatively, heat in microwave on Medium High, stirring occasionally, about 4 minutes.

Toast the seed and grain boule rolls; slather with herb butter. Ladle soup into individual bowls, serve toasted boule rolls alongside, and dig in!

**White Bean Soup:** Vegetable stock, white bean, onion, carrot, celery, sea kale, rainbow chard, garlic, ginger, shallot, tomato paste, olive oil, smoked paprika, salt, pepper, red chile flake, lemon, herbs, sumac, citric acid **MSCo Seed & Grain Boule:** Flour, water, salt, steel cut oats, sunflower seeds, sesame seeds, flax seeds **Herb Butter:** Butter, dill, thyme, parsley, chive, salt

*Contains: Wheat, sesame, milk*

③ FARM-TO-FREEZER

# ratatouille over parmesan polenta

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