

PASTURE AND PLENTY

OCTOBER 21, 2024 | VEGETARIAN

HOORAY, IT'S MONDAY!

And we have another fresh, local and delicious menu for you! Get excited for: pearl couscous chockfull of dried apricots, fresh peas, mint and almonds topped with cauliflower balls with a creamy mint yogurt sauce; a warm soba noodle salad with crispy tofu, crunchy vegetables and a ginger-and-garlic-laced soy sauce; and a Nigerian-inspired fried rice, seasoned with curry powder, dried thyme and a handful of aromatics, with tempeh and loads of veg!



cauliflower balls with sweet pea and apricot pearl couscous salad and mint scallion yogurt sauce



sweet and spicy tofu with soba noodles and vegetables



curried tempeh and vegetable fried rice



PRODUCER SPOTLIGHT

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

Winterfell Acres

Vitruvian Farm

Happy Valley Farm

Saffi Sanna

Flyte Family Farm

Bandung

EXTRA GOODNESS

rye molasses cookie dough

Instructions: Store cookie dough in freezer. Prior to baking, bring dough to room temperature. Preheat oven to 350°F. Place cookies on a parchment-lined or greased cookie sheet. Bake in preheated oven for about 10 to 12 minutes, rotating halfway through for an even bake.

Ingredients: Butter, rye flour, ap flour, brown sugar, sugar, molasses, eggs, baking soda, ground ginger, salt, cinnamon, cloves.

Contains: Egg, milk, wheat

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

cauliflower balls with sweet pea and apricot pearl couscous salad and mint scallion yogurt sauce

PREP & COOK TIME

25 MINUTES

IN YOUR BAG

Cauliflower Ball Mix

Sweet Pea & Apricot Pearl Couscous Salad

Mint Scallion Yogurt Sauce

PAIR WITH

the full-bodied and aromatic Pascal Biotteau Anjou Rouge

or

the hazy Justified PA West Coast IPA from Working Draft

- 1 Preheat the oven to 450°F.
- 2 Divide and shape the cauliflower mix into golfball-sized balls and arrange them on a rimmed baking sheet. Bake the cauliflower balls until they are well-browned and crispy and an instant-read thermometer inserted into the center of the meatball reads 165°F, about 15 to 20 minutes.

- 3 While the cauliflower balls are cooking, give the couscous salad a stir to redistribute the dressing. If desired, gently warm the couscous in a pan, with a splash of water and olive oil.

- 4 Plate the couscous and nestle the cauliflower balls on top. Drizzle the yogurt sauce over everything and dig in!

Cauliflower Ball Mix: Cauliflower, brown rice, quinoa, oat flour, eggs, cumin, coriander, onion powder, garlic powder, smoked paprika, parsley, chive, salt
Sweet Pea & Apricot Pearl Couscous Salad: Israeli couscous (wheat flour), water, kale, sweet pea, apricot, almond, lemon, olive oil, salt, pepper.
Mint Scallion Yogurt Sauce: Greek yogurt, heavy cream, lime, scallion, mint, salt

Contains: Egg, wheat, milk, tree nut (almond)

② READY-TO-EAT

sweet and spicy tofu with soba noodles and vegetables

Cook the soba noodles in boiling water for 5 to 8 minutes (or according to package directions), until just al dente, stirring frequently. Drain and rinse in cold water until the noodles no longer feel sticky.

Meanwhile, heat a large frying pan over medium-high. When hot, drizzle with 1 to 2 tablespoons oil and add the tofu. Fry for around 5 minutes or until heated through and crispy again, flipping occasionally. Remove the tofu from the pan and set aside; season with salt and pepper to taste

Wipe out pan, if needed, then add cooked and drained soba noodles, along with the sweet & spicy soy sauce. Toss together until the noodles are coated then gently toss in the vegetables until all the pieces are covered in the sauce and warmed. To serve, top with the crispy tofu and enjoy!

Soba Noodles: Wheat flour, buckwheat flour, salt, water
Crispy Tofu: Tofu (Non-gmo soybeans, water, calcium sulfate, glucono delta lactone), olive oil, sesame oil
Vegetables: Carrot, red bell pepper, cucumber, edamame
Sweet & Spicy Soy Sauce: Soy sauce, rice wine vinegar, brown sugar, sambal, sichuan peppercorn, fennel, star anise

Contains: Soy, wheat, sesame

③ FARM-TO-FREEZER

curried tempeh and vegetable fried rice

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