

PASTURE AND PLENTY

OCTOBER 28, 2024 | VEGETARIAN

HOORAY, IT'S MONDAY!

And we're excited to share more delicious, locally-sourced meals with you this week! Get excited for: tofu planks with flavor-packed chimichurri over a warm roasted vegetable and wilted kale salad; a classic three bean chili and Tart's handmade cheddar and chive biscuits to bake off and eat alongside; and a cozy groundnut stew – rich with ground peanuts and full of eggplant, sweet potato, summer squash, turnips, collard green and sea kale – over brown rice.



chimichurri tofu
with warm roasted vegetable and wilted kale salad



three bean chili
with Tart's cheddar-chive biscuits



groundnut stew
with brown 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
- Madison Sourdough Co.
- Saffi Saana
- Tart
- Flyte Family Farm
- Vitruvian Farm
- Los Abuelos Farm

EXTRA GOODNESS

chocolate dirt cups

Instructions: Keep refrigerated and enjoy within 3 days.

Ingredients: Mousse (chocolate, cream, water, egg yolks, butter, sugar, salt), dirt crumble (butter, flour, brown sugar, white sugar, cocoa powder, oats, salt).

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

chimichurri tofu

with warm roasted vegetable and wilted kale salad

PREP & COOK TIME

45
MINUTES

IN YOUR BAG

Tofu

Chimichurri

Crispy Breadcrumbs

Vegetable Bag

PAIR WITH

the complex and juicy American Wine Project "Social Creature" Sabrevois Rosé or the light and crisp To Those Who Wait Czech-Style Pilsner from Working Draft

1 Preheat oven to 400°F. While the oven is preheating, prep your vegetables. Wash and dry sweet potatoes, kale and radishes. Cut sweet potatoes lengthwise into 1/2-inch thick wedges. Trim radishes and cut in half. In a large bowl, toss both sweet potatoes and radishes with olive oil, salt and pepper and then place on a sheet pan. Strip the kale leaves from the stems and coarsely chop; set kale aside in the same bowl; then also season with olive oil, salt and pepper.

2 Place sweet potatoes and radishes on a sheet pan and roast for 25 to 30 minutes, flipping halfway through, until tender all the way through and well-browned on the edges.

3 Meanwhile, take your tofu out and cut it into 1/2" thick planks; season tofu with salt and pepper, as well as a thin coating of the chimichurri sauce (reserve the remainder to serve as a sauce later). Heat a large (preferably non-stick) skillet over medium heat, then add a splash of oil and the tofu. Cook, flipping every 2 minutes, until browned and crispy on both sides.

4 Toss the hot, roasted sweet potatoes and radishes in the bowl with the kale; add the crispy breadcrumbs and toss again.

5 Plate the roasted vegetable and wilted kale salad, placing the tofu alongside. Top everything with the chimichurri sauce and dig in!

Chimichurri: Canola oil, olive oil, shallot, garlic, jalapeño, lime juice, cilantro, parsley, red wine vinegar, oregano, dill, chive, thyme, salt, red chile flake
Crispy Breadcrumbs: Flour, water, salt, olive oil, pepper
Vegetable Bag: Sweet potato, kale, radish
Tofu: Non-gmo soybeans, water, calcium sulfate, glucono delta lactone

Contains: Soy, wheat

② READY-TO-EAT

three bean chili with Tart's cheddar-chive biscuits

Preheat oven to 375°F. Place frozen biscuits on a parchment lined sheet pan. Bake for about 15 to 20 min, until top is a rich golden brown and the internal temperature of the biscuits reads 200 to 205°F.

While the biscuits are baking, heat chili in a saucepan over medium heat until hot, about 8 min. Stir occasionally and, if needed, add a splash of water to thin out.

Serve piping hot chili with warm cheddar-chive biscuits!

Three Bean Chili: Butternut squash, tomato, pinto bean, black bean, white bean, vegetable stock, onion, red bell pepper, green bell pepper, poblano pepper, red wine vinegar, jalapeño, garlic, guajillo chile, ancho chile, pasilla chile, coffee, dark chocolate, scallion, cumin, coriander, paprika, chili powder, aji amarillo, salt, pepper
Tart's Cheddar-Chive Biscuits: Unbleached enriched hard wheat flour (wheat flour, malted barley flour, niacin (vitamin B3), reduced iron, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), kosher salt, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch and monocalcium phosphate), baking soda, sugar, butter, cheddar cheese, fresh chives, buttermilk

Contains: Milk, wheat

③ FARM-TO-FREEZER

groundnut stew with brown 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