

PASTURE AND PLENTY

JANUARY 13, 2025 | VEGETARIAN

HOORAY, IT'S MONDAY!

Started in 2011, Elderberry Hill Farm is a small diversified organic vegetable farm located on 6 acres just north of Lake Mendota. We love that Farmer Eric is dedicated to sustainable farming and, like us, is focused on improving our local food system, partnering with non-profits like Healthy Food for All and working with UW's Seed to Kitchen Collaborative. But, best of all, he grew ALL of the carrots, turnips and beauty heart radishes for your cook kit!



PRODUCER SPOTLIGHT

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

Elderberry Hill Farm

Bandung

Saffi Saana

Winterfell Acres

Arndt Land and Cattle

Sartori Cheese

Fifth Season Co-op



sheet pan gochujang tempeh with roasted root vegetables and scallion rice



Mediterranean quinoa salad with sun dried tomato-olive vinaigrette, pita and hummus



roasted celeriac & lentil shepherd's pie with sarvecchio mashed potatoes

EXTRA GOODNESS

coconut chia pudding

Instructions: Keep refrigerated and enjoy within 5 days.

Ingredients: Coconut milk, chia seeds, maple syrup, vanilla extract.

Contains: Coconut

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

sheet pan gochujang tempeh with roasted root vegetables and scallion rice

PREP & COOK TIME

50 MINUTES

IN YOUR BAG

Tempeh

Root Vegetables

Gochujang Marinade

Scallion Rice

PAIR WITH the fruity and spicy Zillmina Organic Spanish Red or the refreshing and crisp New Glarus Moon Man No Coast Pale Ale

- 1 Preheat oven to 425°F. Cut tempeh into thin slices, 1/2" x 2 1/2" and toss in a bowl with the gochujang marinade, adding the marinade to taste. If it's too spicy, simply add less and, if needed, toss the tempeh a bit of olive oil and season with salt and pepper. Leave tempeh to marinate while you prep the vegetables.
- 2 Wash and dry vegetables. Peel and trim the carrots, radishes and turnips; cut into roughly 1.5" cubes.
- 3 Carefully toss the chopped veggies in the bowl with the tempeh and gochujang marinade. Transfer the veggies and the tempeh slices to a rimmed baking sheet, drizzle with any marinade remaining in the bowl, and place in the pre-heated oven and roast for 20 minutes. Stir the tempeh and veggies and then roast for another 20 minutes or so until all vegetables are tender, tempeh is cooked through and crispy and browned in spots.
- 4 Next, warm the scallion rice in a saucepan over medium-low heat, adding a little water and stirring occasionally, until hot, about 8 minutes. Alternately, remove lid, cover with a plate or paper towel, and microwave on medium high until hot, 3 to 8 minutes; stir halfway through heating time.
- 5 Plate the roast tempeh and vegetables; serve the scallion rice alongside. Enjoy!

Root Vegetables: Turnip, carrot, watermelon radish **Gochujang Marinade:** Gochujang (wheat flour, corn syrup, water, hot pepper powder, salt, wheat, distilled alcohol, defatted soybean powder, koji), soy sauce, white miso, rice vinegar, sesame oil, brown sugar, salt **Scallion Rice:** White rice, water, scallion, salt, pepper **Tempeh:** Soybean, apple cider vinegar, water, rhizopus oligosporous (tempeh culture)

Contains: Wheat, soy, sesame

② READY-TO-EAT

Mediterranean quinoa salad with sun dried tomato-olive vinaigrette, pita and hummus

Place quinoa salad and olive vinaigrette into large bowl with mixed greens; toss well to combine all ingredients.

Warm pita in the toaster or toaster oven.

Portion hummus onto individual plates, then spread it across the plate in a thick schmear. Plate quinoa salad on top of hummus and serve with pita to scoop it up. Enjoy!

Quinoa Salad: Yellow quinoa, red quinoa, red bell pepper, yellow bell pepper, red onion, feta (milk, salt, cheese culture, enzymes, potato starch), cherry tomato, cucumber, olive oil, salt, white wine vinegar **Vinaigrette:** Olive oil, red wine vinegar, kalamata olive, sun-dried tomato, lemon, basil, red pepper flake, salt, pepper **Pita:** Enriched Wheat Flour, Water, Contains 2% or less of: Soybean Oil and/or Canola Oil, Yeast, Salt, Sugar, Dough Conditioner, Baking Powder, Nonfat Dry Milk, Calcium Propionate and Potassium Sorbate, yeast nutrients, whole wheat flour, soy flour **Hummus:** Garbanzo bean, garlic, tahini (sesame), lemon, salt, baking soda, olive oil **Mixed Greens**

Contains: Wheat, olives, sesame, milk, soy

③ FARM-TO-FREEZER

roasted celeriac & lentil shepherd's pie with sarvecchio mashed potatoes

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