

# PASTURE AND PLENTY

MARCH 10, 2025 | VEGETARIAN

## HOORAY, IT'S MONDAY!

We're excited to partner again with Bandung – a local Indonesian restaurant on Willy St. – on this Meal Kit! Bandung is not just a restaurant, but also a wholesale producer of tempeh. Yep, locally made tempeh! Not sure what tempeh is? Tempeh is made by fermenting cooked soybeans and then forming the mixture into a firm, dense cake that browns well and soaks up big flavors incredibly. Flavors like our red pepper mostarda, y'all!



**pan-seared tempeh with  
creamy polenta, Winter Moon  
vegetables and red pepper mostarda**



**paneer tikka masala with  
brown rice and cucumber raita**



**loaded mac and cheese with  
roasted broccoli, cauliflower, carrot  
and bell pepper**



### PRODUCER SPOTLIGHT

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

**Fifth Season Co-op**

**Sassy Cow Creamery**

**Winterfell Acres**

**Elderberry Hill Farm**

**Bandung**

**Hook's Cheese**

**Roth Cheese**

**Landmark Creamery**

**Meadowlark Organics**

### EXTRA GOODNESS

#### rye pancake mix

Instructions: Combine the wet and dry ingredients in a bowl with a rubber spatula until just combined. Cover with plastic wrap and let rest for 10 to 15 minutes before cooking. Heat a pan on medium heat and grease with oil or butter. Use about 1/2 a cup of batter to make a 4-in to 5-in pancake. Cook for 3 to 4 minutes per side. Add berries, nuts, chocolate chips, etc.

Ingredients: Dry mix (ap flour, rye flour, sugar, cinnamon, baking powder, baking soda, salt), wet mix (buttermilk, egg, oil, vanilla extract).

**Contains: Milk, egg, 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

### pan-seared tempeh with creamy polenta, Winter Moon vegetables and red pepper mostarda sauce

PREP &  
COOK TIME

35  
MINUTES

#### IN YOUR BAG

Tempeh

Creamy  
Polenta

Winter Moon  
Vegetables

Spice Mix

Red Pepper  
Mostarda

#### PAIR WITH

the fruity and  
medium-bodied  
Gaspard Pinot  
Noir

or  
the drinkable  
Up North  
Wisconsin Lager  
from One Barrel  
Brewing  
Company

- 1 Preheat oven to 425°F. Toss Winter Moon vegetables with a splash of olive oil, salt and pepper. Spread vegetable blend on a large sheet tray and roast until everything is beginning to brown, cooked through, and starting to crisp around the edges, about 25 to 30 minutes, stirring occasionally.
- 2 About halfway through the time to roast the vegetables, slice tempeh into 1/2" thick planks, thinly coat with olive oil and then season with the spice mix, making sure it makes it into all of the nooks and crannies. Heat a splash of oil in a large nonstick skillet over medium-high heat. When the oil is shimmering, add tempeh to the pan in a single layer. Fry for 3 to 5 minutes a side, or until well-browned and crispy all over.
- 3 While the tempeh is cooking, warm creamy polenta in a saucepan over medium heat, adding a little water or milk 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, and add in a small amount of water or milk if needed.
- 4 Divide polenta onto individual serving plates, top with tempeh and red pepper mostarda; serve sautéed Winter Moon root vegetables on the side. Enjoy!

**Creamy Polenta:** Yellow corn polenta, Landmark Creamery shredded cheese blend (pasteurized cow milk, pasteurized sheep milk, cultures, salt, rennet, cornstarch, citric acid, salt, mustard powder), heavy cream, parmesan, cotija cheese, red wine vinegar, red pepper flake, salt **Winter Moon Vegetables:** Butternut squash, gold potatoes, carrots, red and gold beets **Spice Mix:** Paprika, onion powder, garlic powder, ground mustard, brown sugar, cayenne, black pepper, salt **Red Pepper Mostarda:** Red bell peppers, yellow peppers, white wine, white wine vinegar, fennel, garlic, butter, mustard seeds, honey, salt **Tempeh:** Soybean, apple cider vinegar, water, rhizopus oligosporous (tempeh culture)

Contains: Soy, milk, alcohol

## ② READY-TO-EAT

### paneer tikka masala with brown rice and cucumber raita

Heat paneer tikka masala and rice in separate saucepans over medium-low heat until hot; stir occasionally and cook for 6 to 8 minutes. For the rice, add 1/4 to 1/2 cup water and keep covered. Alternately, heat both in microwave on high, adding water if needed, stirring every minute or so, until hot for about 3 minutes.

Divide rice onto plates and top with paneer tikka masala. Serve with raita and enjoy!

**Paneer Tikka Masala:** Paneer (pasteurized milk, acetic acid, lactic acid), tomato, tomato paste, onion, carrot, cauliflower, chard, turnip, garlic, ginger, cumin, paprika, coriander, turmeric, heavy cream, red wine vinegar, salt **Brown Rice:** Brown rice, water, salt **Cucumber Raita:** Greek yogurt, heavy cream, cucumber, mint, cilantro, chat masala (salt, black salt, cumin, coriander, mint, ginger, yellow chili, nutmeg, caraway), salt, pepper.

Contains: Milk

## ③ FARM-TO-FREEZER

### loaded mac and cheese with roasted broccoli, cauliflower, carrot and bell pepper

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  
608.665.3770 • [pastureandplenty.com](http://pastureandplenty.com)

M 3:30pm-7:30pm T-F 11am-7pm  
SAT 9am-2pm