

PASTURE AND PLENTY

JUNE 16, 2025 | VEGETARIAN

HOORAY, IT'S MONDAY!

Get excited for a week of summer flavors! We're packing your kits with: savory tempeh bulgogi in crisp lettuce wraps, with fresh herbs and radishes, kimchi aioli and Korean-style potato salad to eat alongside; a roasted carrot, feta and barley salad with loads of fresh spinach, pepitas and cranberries in a spiced tahini dressing (perfect for picnics!); and our classic, comfort-food fave loaded vegetable mac and cheese. Have a great one, friends!



tempeh bulgogi lettuce wraps with Korean potato salad



roasted carrot, feta and barley salad with spiced tahini dressing



loaded mac and cheese with roasted asparagus, peppers, broccoli and cauliflower



PRODUCER SPOTLIGHT

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

Bandung

Ortega's Garden

Driftless Organics

Green Barn Farms

Flyte Family Farm

Tipi Organics

Crossroads Community Farm

Saffi Saana

Hook's Cheese

Kindred Creamery

Sartori Cheese

EXTRA GOODNESS

sunbutter granola bar

Instructions: Keep refrigerated and enjoy within a week!

Ingredients: Rolled oats, pepitas, maple syrup, sunbutter, raisins, dates, black sesame seeds, salt.

Contains: Sesame

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

tempeh bulgogi lettuce wraps with Korean-style potato salad

PREP &
COOK TIME

30
MINUTES

IN YOUR BAG

Tempeh

Bulgogi
Marinade

Vegetable Bag

Kimchi Aioli

Korean-style
Potato Salad

PAIR WITH

the fresh and
fruity El Jefe
Tempranillo
or
the hoppy Pulp
Culture IPA
from Working
Draft Brewing
Co.

- 1 Slice the tempeh into thin strips; add the slices to the marinade (in a ziploc bag or a shallow dish) and mix everything together until evenly coated. Let sit at room temperature while you prep the vegetables or, prep the tempeh in the morning and let it sit in the refrigerator until that evening. Flip the tempeh slices in the marinade occasionally.
- 2 Prep your veg! Start by removing any damaged or discolored outer leaves from your head lettuce. Then, remove the core and separate the leaves before washing and drying them thoroughly. Wash, dry and trim the radishes before thinly slicing them. Place the lettuce leaves in a large basket or platter; and the sliced radishes in a small dish alongside.
- 3 Heat a large, heavy skillet over high heat. Add the tempeh slices and marinade to the pan. Cook, flipping the tempeh every 2 to 3 minutes, until the liquid has evaporated and the tempeh begins to caramelize around the edges. Serve immediately, directly from the skillet (this will keep the tempeh hot).
- 4 To build your lettuce wraps, lay a lettuce leaf open on your palm. Add a few pieces of bulgogi tempeh and a few slices of radishes on top, then dab with kimchi aioli. Fold or wrap the lettuce, making a bundle that you can hold in one hand. Make one at a time, or a lot, serving the potato salad alongside. Make sure to eat the lettuce wraps in one or two big bites, to get a little bit of everything in each mouthful. Enjoy!

Tempeh: Soybean, apple cider vinegar, water, rhizopus oligosporous (tempeh culture) **Bulgogi Marinade:** Soy sauce, rice wine vinegar, asian pear, brown sugar, gochujang, onion, ginger, garlic, green onion, sesame oil, salt, pepper **Vegetable Bag:** Lettuce, radish **Kimchi Aioli:** Soybean oil, cabbage, garlic, apple, mustard green, water, egg, distilled vinegar, egg yolk, green onion, korean red pepper, ginger, salt, sugar, lemon **Couscous:** Durum wheat semolina **Korean-style Potato Salad:** Russet potato, carrot, apple, cucumber, mayonnaise (soybean oil, water, egg, distilled vinegar, salt, sugar, lemon), rice wine vinegar, salt, pepper, sugar

Contains: Soy, alcohol, sesame, wheat, egg

② READY-TO-EAT

roasted carrot, feta and barley salad

The barley salad can be served warm or cold! If you'd like to serve it warm, heat a frying pan over medium-low heat. Once hot, add a splash of olive oil. Add the barley salad and cook until steaming, stirring occasionally. If needed, add up to 1/4 cup of water.

In a serving bowl, combine the barley salad with the spinach. Add a splash of olive oil and season with a bit of salt and pepper. Plate the salad, drizzle with the spiced tahini dressing and sprinkle with feta, pepitas and dried cranberries. Enjoy!

Alternatively, if you'd like to take the salad on a picnic, feel free to toss everything together in a serving bowl in advance. It will travel nicely to wherever you're adventuring to!

Barley Salad: Barley, carrot, parsley, olive oil, lemon, salt **Tahini Dressing:** Tahini, lemon juice, garlic, olive oil, cumin, turmeric, ginger, cinnamon, ground black pepper, coriander, cayenne, allspice, nutmeg, clove, salt **Salad Toppings:** Feta (milk, bacterial culture, calcium chloride, enzyme, lipase), pepitas, dried cranberries **Spinach**

Contains: Sesame, milk

③ FARM-TO-FREEZER

loaded mac and cheese with roasted asparagus, peppers, broccoli and cauliflower

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