

PASTURE AND PLENTY

JULY 28, 2025 | VEGETARIAN

HOORAY, IT'S MONDAY!

You know that any Monday where we get to enjoy our hand-tossed pizzas is going to be a good one! Our signature pizza dough undergoes a slow, cold 48 hour ferment to add extra flavor and texture, ensuring a more flavorful pizza crust that's perfectly chewy and crispy! And, paired with locally-grown zucchini, local goat cheese, plus house-made vegetarian sausage? Get ready to stretch and toss your dough into locavore pizza pies and make a delicious night of it!



P&P pizza kit with red sauce, vegetarian sausage, zucchini and goat cheese



gado gado with crispy tofu and peanut satay sauce



tempeh panang curry 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

Jenny's Tofu

Montchevre

Green Barn Farm Market

Crossroads Community Farm

Tipi Organics

Blue Moon Community Farm

Saffi Saana

Troy Farm

EXTRA GOODNESS

zucchini bread

Instructions: Keep refrigerated and enjoy within 5 days. Bring to room temp to eat or warm briefly in the microwave! Slather some butter on it for maximum enjoyment.

Ingredients: Zucchini bread (zucchini, ap flour, sugar, egg, oil, spelt flour, brown sugar, applesauce, vanilla, baking soda, cinnamon, salt), crumble (brown sugar, ap flour, butter, cinnamon, salt).

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

P&P pizza kit with red sauce, vegetarian sausage, zucchini and goat cheese

PREP &
COOK TIME

75
MINUTES

IN YOUR BAG

Pizza Dough

Red Sauce

Goat Cheese

Vegetarian
Sausage

Vegetable Bag

PAIR WITH
the juicy and
spicy Ercole
Barbera del
Monferrato
or
the hoppy and
crisp Snappy
American IPA
from Hillsboro
Brewing Co.

- 1 Keep dough frozen until the day you want to make the pizza and place in the refrigerator to thaw in the morning. At least one hour before baking, take dough out of refrigerator. Remove from packaging with floured hands, split into individual dough balls (one per person) and place on lightly floured surface. Cover with a kitchen towel and let rest while coming to room temperature.
- 2 Preheat oven to 425°F; if you have a convection setting now would be a great time to use it.
- 3 While the dough is coming to room temperature and the oven is preheating, prep your vegetables! Wash and dry zucchini, trim ends and slice very thinly. Peel the red onion, trim the ends and slice thinly. In a bowl, toss the zucchini and red onion with a splash of olive oil, then season with a pinch of salt and red pepper flakes (if desired).
- 4 On a baking sheet, gently press down and stretch each well-floured pizza dough ball out to an 8 to 10" circle; they should be thin with slightly thicker edges.
- 5 Spread the red sauce evenly on top of the dough. Layer thinly sliced zucchini and red onions evenly over the sauce, scatter the vegetarian sausage over the top and then dollop the goat cheese on top of everything.
- 6 Bake in preheated oven until crust is golden brown, sausage and zucchini are well-browned on the edges and the goat cheese is melted, bubbling and slightly browned, too, about 12 to 15 minutes. Remove from oven.
- 7 Slice hot pizza with a large knife or pizza cutter and dig in!

Pizza Dough: Bread flour, '00' flour, semolina, yeast, olive oil, salt, sugar **Red Sauce:** Crushed tomatoes, garlic powder, onion powder, red wine vinegar, basil, red pepper flake, salt, olive oil **Goat Cheese:** Goat cheese (cultured pasteurized goat's milk, salt, enzymes), heavy cream, garlic, lemon, olive oil, salt **Vegetarian Sausage:** Impossible ground beef (water, soy protein concentrate, sunflower oil, coconut oil, natural flavors, methylcellulose, cultured dextrose, food starch modified, yeast extract, dextrose, soy leghemoglobin, salt, vitamin e (tocopherols), l-tryptophan, soy protein isolate) red wine vinegar, salt, sugar, fennel, red chili flake, paprika, black pepper **Vegetable Bag:** Zucchini, red onion

Contains: Soy, wheat, milk

② READY-TO-EAT

gado gado with crispy tofu and peanut satay sauce

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. Alternatively, reheat the tofu in the microwave for about 30 seconds, stirring halfway through.

To serve, divide the green beans and potatoes, raw vegetables and crispy tofu over several serving plates or assemble it all on one large serving platter. Drizzle each plate generously with the peanut sauce. Dig in!

Roasted Tofu: Tofu (Water, soybean, calcium sulfate, calcium chloride), garlic, onion, chili powder, cumin, coriander, salt, pepper **Peanut Satay Sauce:** Peanut, water, shallot, garlic, soy sauce, rice vinegar, red curry paste (dried chile pepper, garlic, shallot, salt, lemongrass, sugar, kaffir lime, galangal, spices [coriander seeds, cumin, cardamom], citric acid), brown sugar, sriracha, salt **Green Beans and Potatoes:** Green beans, red potato, salt, pepper **Raw Vegetables:** Green cabbage, cucumber, bell peppers, red radish

Contains: Soy, peanut, wheat

③ FARM-TO-FREEZER

tempeh panang curry 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