

# PASTURE AND PLENTY

AUGUST 4, 2025 | VEGETARIAN

## HOORAY, IT'S MONDAY!

Get excited for a week full of summer tomatoey goodness! Think: a classic (house-made tempeh) BLT with a summery pesto pasta salad; our slow-cooked cherry tomato, onion and roasted vegetable ragù with linguine and herbed ricotta; and an Indian mattar paneer curry (peas and paneer cheese cubes in a spiced tomato sauce thickened with ground cashews) over rice. Thanks to our farm partners at Winterfell Acres and Vitruvian for their local tomatoes!



### tempeh BLT with pesto pasta salad



### cherry tomato, onion and roasted summer squash ragù with linguine and herbed ricotta



### mattar paneer 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:

Madison Sourdough Co.

Jones Dairy Farm

Bandung

Vitruvian Farm

Winterfell Acres

Crossroads Community Farm

Fifth Season Co-op

Saffi Saana

## EXTRA GOODNESS

### overnight oats with rhubarb orange preserves

Instructions: Keep refrigerated and enjoy within 3 days.

Ingredients: Overnight oats (milk, oats, chia seeds, maple syrup, salt), rhubarb preserves (rhubarb, sugar, orange juice, brown sugar, cherry juice, vanilla, corn syrup, apple pectin, salt, citric acid)

Contains: Milk

## 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 BLT with pesto pasta salad

PREP & COOK TIME

25 MINUTES

IN YOUR BAG

Tempeh Bacon

MSCo Sourdough

Lemon Pepper Garlic Aioli

Pesto Pasta Salad

Vegetable Bag

PAIR WITH the fun and easy-going Brisat Azimut Orange 2024 or the refreshing Commuter Kölsch from One Barrel Brewing Co.

- 1 Prep your sandwich fixings! First, wash and dry lettuce leaves and slice your tomatoes.
- 2 Cook tempeh bacon in a skillet over medium heat until crispy and caramelized on the edges, about 5 to 7 minutes. While the bacon is cooking, toast your sourdough bread. Slather one side of each piece of toast with your aioli.
- 3 While the bacon is cooking, give the pesto pasta salad a stir to redistribute the dressing.
- 4 To build your sandwich, divide lettuce evenly between both pieces of bread. Layer tomato slices on 1 piece of bread and sprinkle generously with coarse salt and freshly ground pepper. Layer tempeh bacon onto the sandwich, then close sandwich and cut in half diagonally.
- 5 Serve immediately with pesto pasta salad on the side. Enjoy!

**Tempeh Bacon:** Tempeh (soybean, apple cider vinegar, water, rhizopus oligosporous [tempeh culture]), olive oil, maple syrup, soy sauce, smoked paprika, salt pepper **MSCo Sourdough:** Flour, water, salt **Lemon Pepper Garlic Aioli:** Canola oil, egg, lemon, olive oil, garlic, white wine vinegar, pepper, salt **Pesto Pasta Salad:** Rotini (semolina, enriched durum wheat flour), pesto (canola oil, pepita, parmesan, garlic, basil, arugula, red wine vinegar, white wine vinegar, salt), summer squash, zucchini, tomato, fresh mozzarella **Vegetable Bag:** Vitruvian lettuce head, Winterfell heirloom tomato

Contains: Soy, wheat, milk, egg

② READY-TO-EAT

cherry tomato, onion and roasted summer squash ragù with linguine and herbed ricotta

Bring a well salted pot of water to a rolling boil. Warm ragù in sauté pan over medium heat. Add linguine and cook, stirring occasionally, until al dente, typically 8-10 minutes. When pasta is done cooking, drain the pasta in a colander and do not rinse. Make sure to reserve some pasta water to help thicken your sauce.

Ready a large sauté pan, large enough for the linguine and sauce. Warm ragù in sauté pan over medium heat. Add reserved pasta water (about 1/4 cup to start) and linguine to ragù, toss to coat.

Divide pasta onto plates, top with herbed ricotta and dig in!

**Ragù:** Onion, red onion, summer squash, cherry tomato, tomato, celery, carrot, tomato, white wine, red wine vinegar, tomato paste, olive oil, parsley, basil, salt, pepper **Linguine:** Enriched semolina **Herbed Ricotta:** Ricotta, lemon juice, parsley, thyme, rosemary, heavy cream, salt

Contains: Wheat, milk, alcohol

③ FARM-TO-FREEZER

mattar paneer 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