

PASTURE AND PLENTY

AUGUST 11, 2025 | VEGETARIAN

HOORAY, IT'S MONDAY!

Get excited for a summery veg-packed menu this week! Look for: grilled tofu and loads of dragon tongue beans, peppers and eggplant atop scallion rice all drizzled with an herb-packed chimichurri sauce; a summery panzanella with cherry tomatoes, smashed cucumber, white beans, mozzarella and toasted Madison sourdough bread in a chile crisp & soy vinaigrette; a Southwestern corn chowder; and blueberry muffins, as an extra treat.



chimichurri grill kit with tofu, dragon tongue beans, eggplant, peppers and scallion rice



panzanella with white beans, tomatoes, cucumbers and chile crisp vinaigrette



Southwestern corn chowder



PRODUCER SPOTLIGHT

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

Jenny's Tofu

Love Food Farm

Winterfell Acres

Happy Valley Farm

Madison Sourdough Co.

Alsum Sweet Corn

Saffi Saana

Sassy Cow Creamery

EXTRA GOODNESS

blueberry muffin

Instructions: Keep refrigerated for up to 5 days. Warm briefly or bring to room temperature before enjoying!

Ingredients: Blueberries, sugar, ap flour, egg, buttermilk, maple syrup, oil, whole wheat flour, nutmeg, salt, baking soda, baking powder, demerara sugar

Contains: Milk, wheat, egg

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

chimichurri grill kit with tofu, dragon tongue beans, eggplant, peppers and scallion rice

PREP & COOK TIME

25 MINUTES

IN YOUR BAG

Jenny's Tofu

Chimichurri Sauce

Scallion Rice

Vegetable Bag

GRILLING INSTRUCTIONS

- 1 Preheat grill for medium-high heat. Then, wash and dry all of the vegetables. Trim the ends of the eggplant, then it into bite-sized pieces (about 1/2" x 1/2" cubes). Core and deseed the peppers; cut into bite-sized pieces. Also trim the stem ends off of the dragon tongue beans. Place all vegetables in a bowl, then season with salt, pepper, and a splash or two of olive oil; toss to combine.
- 2 Carefully place your vegetables in a grill basket. If you don't have a grill basket, shape a large piece of foil into the shape of a box, poke holes in it (to allow the heat and smoke to come through) and place it on the grill; add your veggies to your foil basket. Cook until they are tender and charred all over, about 15 minutes. Check early to be safe, every grill is different. Remove veggies from grill and place in your bowl.
- 3 Cut your tofu into long planks; coat with olive oil and season with salt and pepper. Place your tofu planks on the grill (making sure it's well oiled) and grill over direct heat until golden and caramelized, about 3 minutes per side.
- 4 While everything is grilling, microwave scallion rice with a splash of water until warm.
- 5 To plate, place your scallion rice on the plate, top with the grilled veg and place the grilled tofu alongside. Drizzle the chimichurri over everything and enjoy!

ALTERNATE COOKING INSTRUCTIONS

Follow instructions above, but instead of using a grill, preheat oven to 425°F. Toss veg onto a sheet pan and roast for 15 to 20 minutes, stirring halfway through. Meanwhile, heat a small amount of olive oil in a skillet over medium-high heat. Add the tofu planks to the pan and cook until golden and caramelized, about 3 minutes per side. 145°F.*

Chimichurri Sauce: Canola oil, red wine vinegar, white wine vinegar, garlic, cilantro, parsley, oregano, salt, pepper, red chile flake **Scallion Rice:** White rice, scallion, salt **Vegetable Bag:** Dragon tongue beans, eggplant, bell pepper **Jenny's Tofu:** Sprouted organic whole soybeans, water, calcium sulfate

Contains: Soy

② READY-TO-EAT

panzanella with white beans, tomatoes, cucumbers and chile crisp vinaigrette

Preheat oven (or toaster oven) to 300°F. Place sourdough croutons on a baking sheet and reheat for about 5 minutes until warm and crunchy.

Meanwhile, wash, dry and prep your vegetables. Smash the cucumbers with the side of your knife until ragged and split. Slice off the ends, then roughly chop into 1-inch pieces. Halve the tomatoes. Strip the kale from its stems, then roughly chop into bite sized pieces. Place all the vegetables in a large bowl.

Add the sourdough croutons, the mozzarella and the white beans to the large bowl with the vegetables. Drizzle with half of the chile crisp vinaigrette; stir to combine.

Season panzanella to taste with additional salt and chile crisp vinaigrette, then serve right away. Enjoy!

Croutons: Madison Sourdough bread (flour, water, salt), salt, pepper, olive oil **Chile Crisp Vinaigrette:** Canola oil, soy sauce, sesame oil, dijon mustard, black vinegar, rice vinegar, maple syrup, garlic, ancho chile, pasilla chile, guajillo chile, black sesame, white sesame, ginger, salt, sichuan peppercorn **Mozzarella:** Pasteurized milk, vinegar, enzymes, salt **White Beans:** White Beans, parsley, chive, dill, salt **Vegetable Bag:** Cucumber, cherry tomato, kale

Contains: Wheat, milk, sesame, soy

③ FARM-TO-FREEZER

Southwestern corn chowder

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