PASTURE AND PLENTY

AUGUST 18, 2025 | VEGETARIAN

HOORAY, IT'S MONDAY!

Get excited for a summery veg-packed menu, y'all! We're packing: crispy suya-spiced tofu — a punchy peanut-based spice blend with ginger, garlic, paprika and panko breadcrumbs — with a cucumber tomato salad and coconut rice; a beat-the-heat cold heirloom tomato gazpacho with baguette and creamy white bean purée; and a baked pasta with all the flavors and veg (eggplant, tomatoes, zucchini and bell pepper) of our fave classic summer stew, ratatouille!

THE COOK KIT 1 EAT WELL, WORK LESS.

crispy suya tofu with cucumber tomato salad and coconut rice

READY-TO-EAT 2 DINNER. DONE.

heirloom tomato gazpacho with baguette and white bean purée

FARM-TO-FREEZER 3 REAL FOOD, ANYTIME.

baked ratatouille pasta with white beans

WE LOVE LOCAL

PRODUCER SPOTLIGHT

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

- Bering Bounty
- Jenny's Tofu
- Happy Valley Farm
- Winterfell Acres
- Crossroads Community Farm
- Tipi Organic Produce
- Sartori Cheese
- Vitruvian Farm

EXTRA GOODNESS

brown butter chocolate chip cookie dough

Instructions: Bring dough to room temperature. Preheat oven to 350°F. Place cookies on a parchment-lined or greased cookie sheet. Bake in preheated oven for about 10 to 12 minutes until golden, rotating halfway through for an even bake.

Ingredients: AP flour, sugar, brown sugar, butter, eggs, chocolate chips, vanilla, salt.

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

crispy suya tofu with cucumber tomato salad and coconut rice

PREP & COOK TIME

25 MINUTES

IN YOUR BAG

Jenny's Tofu

Chimichurri Sauce

Scallion Rice

Vegetable Bag

PAIR WITH

the zesty and fruity Sea Cove Sauvignon Blanc or the crisp Sweet Sunglasses Blonde Ale from Hop Haus

1. Preheat oven to 425°F. Line a sheet pan with parchment paper.
2. Slice the tofu into 1/2" thick rectangles, rub with with olive oil and then season with salt and pepper. Place on the parchment-lined sheet pan. Press the suya panko seasoning onto the tops of the oil-coated tofu, pressing lightly to adhere the panko to the tofu. Place sheet pan in the oven.
3. Roast the tofu for about 10 to 15 more minutes. Bake until the panko-coated tofu is golden and crisp.
4. Meanwhile, gently reheat the coconut rice in a saucepan over medium-low heat for about 4 to 6 minutes, or until hot. Stir occasionally, adding a splash of water if needed to prevent sticking.
5. Give the cucumber tomato salad a stir to redistribute the dressing.
6. Plate warm coconut rice with the cucumber tomato salad alongside and top with suya tofu. Enjoy!

Jenny's Tofu: Sprouted organic whole soybeans, water, calcium sulfate **Suya Mix:** Peanut, panko, smoked paprika, powdered ginger, garlic powder, onion powder, salt, cayenne **Cucumber Tomato Salad:** Tomato, cucumber, pickled red onion (red onion, white wine vinegar, red wine vinegar, salt, sugar), cilantro, basil, olive oil, salt **Coconut Rice:** White rice, toasted sweetened coconut flake, water, salt

Contains: Coconut, soy, wheat, peanut

2 READY-TO-EAT

heirloom tomato gazpacho with baguette and white bean purée

Cut baguette in half and toast; spread white bean purée evenly over the toasted havles.

Give soup a quick stir to recombine everything — gazpacho should be served cold — then portion into bowls.

Serve gazpacho drizzled with a bit of olive oil and a twist of black pepper; serve toasted baguette and bean purée alongside. Enjoy!

Gazpacho: Heirloom tomato, cucumber, onion, MSCo sourdough bread (flour, water, salt), red bell pepper, garlic, sherry vinegar, salt, pepper, olive oil **Baguette:** Flour, water, yeast, potato flour, sugar, palm oil, salt, cultured wheat flour, vinegar, guar gum, ascorbic acid, enzymes **White Bean Purèe:** White bean, water, garlic, lemon, salt, red chile flake

Contains: Wheat

3 FARM-TO-FREEZER

baked ratatouille pasta with white beans

See label for instructions and ingredients.

YOU CAN'T BUY HAPPINESS BUT YOU CAN BUY LOCAL

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

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