

PASTURE AND PLENTY

AUGUST 25, 2025 | VEGETARIAN

HOORAY, IT'S MONDAY!

Get excited for August's last meal kit chockfull of summer goodness. Look for: our yearly corn on the cob extravaganza with elote and a Mexican chopped salad with black beans; an easy, weeknight tempeh and summer vegetable stir-fry packed with tomatoes, dragon tongue beans, peppers, cabbage and more; and then our signature tofu and mushroom dan dan sauce, packed with mustard greens and bok choy, served with long, slurpable egg noodles!



elote (street corn) kit
with Mexican chopped salad, black beans and citrus cilantro vinaigrette



tamarind tempeh and vegetable stir-fry
with brown rice



tofu and mushroom dan dan sauce with pickled mustard greens and noodles



PRODUCER SPOTLIGHT

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

- Alsum Sweet Corn
- Winterfell Acres
- Tipi Organics
- Happy Valley Farm
- Vitruvian Farms
- Flyte Family Farm
- Crossroads Community Farm
- Saffi Saana

EXTRA GOODNESS

Flynn Creek Farm watermelon

Instructions: Keep refrigerated and enjoy within 2 to 3 weeks. Once cut, enjoy cantaloupe with 3 days.

Ingredients: Watermelon

Contains: n/a

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

elote (street corn) kit with Mexican chopped salad, black beans and citrus cilantro vinaigrette

PREP & COOK TIME

25 MINUTES

IN YOUR BAG
Sweet Corn

Queso Fresco, Cotija and Chili Powder

Roasted Jalapeño Aioli

Citrus Cilantro Vinaigrette

Mexican Chopped Salad

Tortilla Strips

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

GRILL INSTRUCTIONS

- 1 Preheat grill for high heat. While preheating, shuck corn cobs (being careful to remove the silk).
- 2 Grill corn, turning often, until cooked and kernels are slightly charred, about 10 minutes.
- 3 While corn is grilling, place contents of chopped salad in a large bowl, toss with the citrus cilantro vinaigrette and divide onto plates. Top with tortilla strips.
- 4 Once corn is done, remove from grill and allow to cool slightly. Slather with aioli and sprinkle with queso fresco. Serve alongside the chopped salad. Dig in!

OVEN INSTRUCTIONS

- 1 Preheat oven to 400°F.
- 2 Place unshucked corn directly on oven rack and roast til tender and sweet, about 30 to 40 minutes.
- 3 While corn is roasting, place contents of chopped salad in a large bowl, toss with the citrus cilantro vinaigrette and divide onto plates. Top with tortilla strips.
- 4 When corn is done remove from the oven and allow to cool slightly. Carefully peel back husks to form a handle, then slather corn with aioli and sprinkle with queso fresco. Serve alongside the chopped salad. Dig in!

Queso Fresco: Milk, salt, enzymes, dried chiles **Aioli:** Mayonnaise (soybean oil, water, eggs, vinegar, salt, sugar, lemon juice, calcium disodium, natural flavors.), roasted jalapeño, lemon juice, garlic, salt. **Vinaigrette:** Canola oil, lime, lemon, orange, dijon mustard, honey, garlic, cilantro, salt, pepper **Tortilla Strips:** Tortilla (corn water, lime, sodium propionate, potassium sorbate, phosphoric acid, corn flour), corn oil, salt, pepper **Mexican Chopped Salad:** Cabbage, black bean, cucumber, red onion, bell pepper, tomato

Sweet Corn
Contains: Milk, egg

② READY-TO-EAT

tamarind tempeh and vegetable stir-fry with brown rice

high heat until hot, adding a splash of oil as needed and stirring occasionally, for about 6 to 8 minutes.

Heat rice in microwave on high, adding water if needed, stirring every minute or so, until hot for about 3 minutes.

Divide rice onto plates and top with tamarind tempeh and vegetable stir-fry and enjoy!

Tamarind Tempeh Stir-fry: Tempeh, tomato, dragon tongue bean, onion, green cabbage, bok choy, red bell pepper, green bell pepper, vegetable stock, tamarind concentrate, scallion, cilantro, olive oil, garlic, ginger, salt, sugar, red chile flake **Brown Rice:** Brown rice, water, salt

Contains: Soy

③ FARM-TO-FREEZER

tofu and mushroom dan dan sauce with pickled mustard greens and noodles

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
608.665.3770 • pastureandplenty.com

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