

PASTURE AND PLENTY

SEPTEMBER 8, 2025 | VEGETARIAN

HOORAY, IT'S MONDAY!

And what a glorious week of weather we have ahead! Just right to enjoy: our smoky-spicy veggie burgers on the Bakeshop's brioche rolls with a crunchy, fresh bahn mi-style slaw; a buttery, flaky galette from Tart that's chockfull of summer veggies.... think: zucchini, summer squash, bell peppers, cherry tomatoes, mushrooms and more with mixed greens and herb vinaigrette; and last, our signature fried rice loaded with vegetables!



smoky chili-garlic veggie burgers on Bakeshop brioche buns with bánh mì-style slaw and roasted potatoes



summer vegetable, mushroom and fontina galette from Tart with greens and herb vinaigrette



loaded vegetable fried rice with tofu



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
Fifth Season Co-op
Winterfell Acres
Driftless Organics
Tart
Tipi Organics
Saffi Saana
Vitriuvian Farm

EXTRA GOODNESS

SunButter puppy chow

Instructions: Store at room temperature for up to one week or in the freezer for up to one month. Enjoy!

Ingredients: Crispix (rice, milled corn, sugar, contains 2% or less of salt, molasses, brown rice syrup, baking soda, turmeric extract color), semi-sweet chocolate, SunButter (roasted sunflower seed, sugar, salt), butter, powdered sugar, vanilla extract, salt

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

smoky chili-garlic veggie burgers on Bakeshop brioche buns with bánh mì-style slaw and roasted potatoes

PREP & COOK TIME

45 MINUTES

IN YOUR BAG

- Bakeshop Brioche Buns
- Veg Burger Mix
- Chili Garlic Aioli
- Bánh Mi-style Slaw

Baby Gem Potatoes

PAIR WITH the fruity and spicy Zillmina Organic Spanish Red Wine or the refreshing and crisp New Glarus Moon Man No Coast Pale Ale

- 1 Preheat oven to 425°F.
- 2 Wash and dry baby gem potatoes, then cut all of them into bite-sized pieces (about 1/2" x 1/2" cubes). Toss potatoes onto a sheet pan, season with salt, pepper and a splash of olive oil, and roast for 20 to 25 minutes, stirring halfway through. The potatoes should be tender in the center and browned on the edges.
- 3 While the potatoes are roasting, divide veggie burger mix into individual portions and shape into patties. Pinch the center of the patty between your thumb and finger to make center slightly thinner — it will cook more evenly.
- 4 Heat a small amount of olive oil or butter in a skillet over medium-high heat. Place burgers in skillet and cook, turning occasionally, until internal temperature (measured with an instant thermometer) reads 165°F and the edges of the burger are crispy and golden-brown.
- 5 Slice brioche buns in half and toast briefly. Give the slaw a quick stir to redistribute the dressing.
- 6 Place burger on toasted bottom half of brioche bun; top with aioli and a bit of slaw and top half of the bun. Serve the remainder of the slaw alongside the assembled burgers and dig in!

Bakeshop Brioche Bun: AP flour, butter, egg, sugar, yeast, salt
Veggie Burger Mix: Barley, red quinoa, chickpea, rolled oats, panko, onion, carrot, cashew, oyster mushroom, shiitake mushroom, garlic, soy sauce, sriracha, sherry vinegar, salt, pepper
Chili Garlic Aioli: Mayonnaise (sunflower oil, egg, water, vinegar, lemon salt, sugar), garlic, sambal oelek, mae ploy, lemon, salt, pepper
Slaw: Green cabbage, pickled carrot (carrot, white vinegar, apple cider vinegar, sugar, salt, pepper), cucumber, cilantro, sugar, salt, lime, lemon
Baby Gem Potatoes

Contains: Wheat, mushroom, egg, soy, tree nut (cashew), milk

② READY-TO-EAT

summer vegetable, mushroom and fontina galette from Tart with greens and herb vinaigrette

Preheat oven to 375°F. Place frozen galette on parchment lined baking sheet and bake until filling is bubbling and the crust is golden brown, about 45 to 50 minutes. Remove from oven and let cool for 5 minutes before slicing and serving.

Meanwhile, toss mixed greens with desired amount of vinaigrette. Plate salad next to sliced galette. Enjoy!

Galette: Unbleached enriched hard wheat flour (wheat flour, malted barley flour, niacin (vitamin B3), reduced iron, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), hard white whole wheat flour, sugar, kosher salt, butter (pasturized cream, natural flavor), zucchini, summer squash, bell pepper, cherry tomato, onion, mushroom, garlic scapes, parsley, herbes de provence, fontina
Herb Vinaigrette: Canola oil, dijon mustard, white wine vinegar, apple cider vinegar, water, chive, dill, thyme, salt, pepper
Mixed Greens

Contains: Milk, wheat, mushroom

③ FARM-TO-FREEZER

loaded vegetable fried rice with tofu

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