

PASTURE AND PLENTY

SEPTEMBER 15, 2025 | VEGETARIAN

HOORAY, IT'S MONDAY!

And we have a great week of veg-packed and warm-weather friendly meals ahead! Look for: summer roll rice noodle salad packed with tender mixed greens, crunchy shredded carrots, sweet dragon tongue beans, and an herby and peanutty dressing; buffalo lettuce wraps with house-made ranch and a carrot-apple salad; and our take on ratatouille, a classic Provençal dish chock-full of eggplant, peppers, tomatoes and zucchini with creamy cheddar polenta!



summer roll noodle salad kit with tofu



buffalo cauliflower chickpea lettuce wraps with carrot-apple salad and house-made ranch dressing



ratatouille with cheesy polenta



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

Happy Valley Farm

Driftless Organics

Crossroads Community Farms

Tipi Produce

Green Barn Farm

Saffi Saana

EXTRA GOODNESS

roasted carrot muffins

Instructions: Store at room temperature and enjoy within 3 days. Best enjoyed briefly warmed up in a microwave or toaster oven and slathered with butter.

Ingredients: Carrots, ap flour, sugar, milk, orange, egg, butter, ground ginger, baking powder, baking soda, salt, vanilla.

Contains: *Wheat, egg, 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

summer roll noodle salad kit with tofu

PREP & COOK TIME

45 MINUTES

IN YOUR BAG

Jenny's Tofu

Vermicelli Rice Noodles

Vegetable Bag

Peanut Sauce

Mixed Greens

PAIR WITH the fun and easy-going Brisat Azimut Orange 2024 or

the refreshing Commuter Kölsch from One Barrel Brewing Co.

- 1 Preheat oven to 425°F. Line a sheet pan with parchment paper.
- 2 Remove your tofu from its packaging and cut into bite-sized cubes (about 1"-square). Carefully coat with a thin layer of neutral oil and season with salt and pepper.
- 3 Peel and trim the carrots, then coarsely grate them. Set aside for later. Also trim the stem ends off of the dragon tongue beans; then toss with olive oil, salt and pepper.
- 4 Place tofu on the parchment-lined sheet pan and roast for about 10 to 15 minutes. Remove the baking sheet from the oven, and flip each of the tofu cubes so that they can cook evenly on the other side. Add the dragon tongue beans to the sheet and return to the oven for 15 more minutes, or until the tofu reaches your desired level of crispiness and the dragon tongue beans are tender and browned on the edges.
- 5 While the tofu and salmon are cooking, bring a pot of water to a boil. Place rice noodles into boiling water, cover and turn off the heat. Let sit for 3 to 4 minutes, then loosen with noodles with a fork. Drain noodles in a colander and rinse with cold water; shaking the noodles in the colander to dry them. Toss with the rice noodles with half of the peanut sauce.
- 6 Top noodles with the carrots, mixed greens, roasted dragon tongue beans and roasted tofu. Spoon the remaining peanut sauce over everything and enjoy!

Jenny's Tofu: Sprouted organic whole soybeans, water, calcium sulfate
Vermicelli Rice Noodles: Rice flour, water
Vegetable Bag: Dragon tongue bean, carrot
Peanut Sauce: Peanuts, water, soy sauce, hoisin sauce (sugar, water, fermented soybean paste [water, salt, soybeans, wheat flour], salt, modified food starch, contains less than 2% of sweet potato powder, sesame paste, caramel color, spices, dehydrated garlic, salted chili peppers, acetic acid, FD&C red no. 40, potassium sorbate), lime juice, rice wine vinegar, sambal oelek, ginger, salt, sugar, cilantro, mint
Mixed Greens

Contains: Peanut, soy, sesame, wheat

② READY-TO-EAT

buffalo cauliflower chickpea lettuce wraps with carrot-apple salad and house-made ranch dressing

Preheat oven to 400°F. Bake cauliflower and garbanzo beans in preheated oven until hot and crispy, about 10 to 15 minutes. Alternately, remove lid, cover with a plate or paper towel, and microwave cauliflower on medium high until hot, about 3 to 5 minutes.

Meanwhile, separate leaf lettuce, wash under cold water, and then dry. Give carrot-apple salad a toss to evenly coat with dressing.

Divide cauliflower and beans onto lettuce wraps. Top with slaw and ranch dressing, or serve slaw on the side. Dig in!

Buffalo Chickpeas & Cauliflower: Cauliflower, chickpea, celery, spices, butter, cayenne, distilled vinegar, water, garlic powder, salt
Ranch Dressing: Buttermilk, sour cream, soybean oil, egg, distilled vinegar, lemon, mustard, onion powder, garlic powder, chives, parsley, dill, lemon, salt, pepper
Slaw: Red cabbage, carrot, celery, apple, parsley, lemon, olive oil, salt, pepper
Red Leaf Lettuce

Contains: Milk, egg

③ FARM-TO-FREEZER

ratatouille with cheesy polenta

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