

PASTURE AND PLENTY

SEPTEMBER 22, 2025 | VEGETARIAN

HOORAY, IT'S MONDAY!

Happy new week, friends! Let's start it off right with a veg-packed, local menu just right for the start of Fall. Get excited for: our okonomiyaki kit, topped with crispy oyster mushrooms from Vitruvian Farms; toothy green lentils in a golden mustard bbq sauce on Stalzy's butter bun with crunchy slaw and our house-made pickles; and our old stand-by chickpea coconut cashew curry over brown rice! Oh, and did someone say Snickerdoodle cookie dough?



okonomiyaki kit with roasted oyster mushrooms



mustard bbq lentil sandwich with slaw and P&P pickles



chickpea coconut cashew curry with brown rice



PRODUCER SPOTLIGHT

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

- Vitruvian Farms
- Winterfell Acres
- Stalzy's Deli & Bakery
- Flyte Family Farm
- Tipi Organics
- Saffi Saana
- Barnard Farms

EXTRA GOODNESS

snickerdoodle cookie dough

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

Ingredients: AP our, sugar, butter, egg, baking soda, cornstarch, vanilla, salt, coriander, nutmeg, clove, cinnamon, star anise.

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

okonomiyaki kit with roasted oyster mushrooms

PREP & COOK TIME

40 MINUTES

IN YOUR BAG

Shredded Vegetables

Dry Mix

Wet Mix

Hoisin Sauce

Aioli

Roasted Oyster

Mushrooms

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

the refreshing **Commuter Kölsch** from **One Barrel Brewing Co.**

- 1 Place a sheet pan in the oven and preheat to 200°F.
- 2 Add the wet mix to a bowl large enough to fit all the ingredients; briefly beat the egg. Add dry mix and shredded veggies and stir until just combined.
- 3 In a large pan (nonstick, if you have one), heat a thin layer of oil on medium heat until hot. Add enough of the okonomiyaki batter to make a 4" to 5" pancake. There should be two pancakes per person. Cook for 4 to 5 minutes, or until golden brown. Carefully flip the okonomiyaki and cook an additional 4 to 5 minutes. Transfer to the warm sheet pan in the oven. Repeat this process with the remaining batter.
- 4 After all the okonomiyaki batter is cooked (and the pancakes are staying warm in the oven), wipe out the pan and heat another thin layer of oil on medium-high heat this time until hot. Add the mushrooms to the pan and cook until hot, well-browned and crispy, about 5 minutes, stirring occasionally.
- 5 Plate the okonomiyaki and top with both the hoisin sauce and the aioli. Sprinkle the crispy mushrooms on top and enjoy!

Shredded Vegetables: Red cabbage, green cabbage, brussels sprouts, carrot, scallion **Dry Mix:** AP flour, salt, onion powder, garlic powder, ginger, cayenne, smoked paprika, coriander

Wet Mix: Egg, water **Hoisin Sauce:** Hoisin sauce (sugar, water, fermented soybean paste [water, salt, soybeans, wheat flour], salt, modified food starch, sweet potato powder, sesame paste, caramel color, spices, dehydrated garlic, salted chili peppers [chili peppers, salt], acetic acid, FD&C red no. 40, potassium sorbate), mirin, tomato, rice vinegar, brown sugar, soy sauce, pepper, salt, sambal **Aioli:** Pasteurized egg, canola oil, rice wine vinegar, garlic, lemon, water, salt, pepper **Roasted Oyster Mushrooms:** Oyster mushroom, olive oil, salt, pepper

Contains: Mushroom, soy, wheat, sesame, egg, alcohol

② READY-TO-EAT

mustard bbq lentil sandwich with slaw and P&P pickles

Place bbq lentils in a sauté pan with a splash of water over medium heat and cook, stirring occasionally, until heated through, about 5 to 7 minutes. Alternately, microwave lentils on medium high until hot, about 1 to 3 minutes.

While lentils are heating, slice buns in half and toast, then give slaw a toss to redistribute the dressing.

Layer the bbq lentils a bit of slaw and some pickles on the bottom half of the toasted bun before setting on the top half.

Plate the sandwiches and serve the remainder of the slaw and pickles on the side. Dig in!

Mustard BBQ Lentils: Green lentil, yellow mustard, brown sugar, carrot, onion, apple cider vinegar, coffee, chipotles en adobo, salt, pepper, garlic, garlic powder, onion powder, cumin, coriander, paprika, chile de arbol **Stalzy's Butter Bun:** Milk, bread flour, butter, egg, sugar, yeast, salt **Slaw:** Green cabbage, purple cabbage, carrot, apple, mayo (canola oil, egg, lemon, dijon, garlic), lemon, lime, poppy seed, scallion, cilantro, parsley **P&P Pickles:** Cucumber, white wine vinegar, apple cider vinegar, distilled white vinegar, water, sugar, salt

Contains: Wheat, milk, egg

③ FARM-TO-FREEZER

chickpea coconut cashew curry with brown rice

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