

PASTURE AND PLENTY

SEPTEMBER 29, 2025 | VEGETARIAN

HOORAY, IT'S MONDAY!

And, we have a veg-packed menu for you this week! Get excited for: an easy sheet pan supper that riffs off of Sicilian caponata (a sweet-sour roasted blend of eggplant, peppers, tomatoes, capers and olives), roasted potatoes and halloumi; a classic Vietnamese salad of roasted tofu, crunchy cabbage, sweet carrot, pickled onion, fresh herbs and crispy toppings, served with a gingery sauce; and a cheesy baked pasta with a pumpkin cream sauce!



sheet pan caponata with halloumi and roasted potatoes



Vietnamese tofu and cabbage salad



cheesy baked pumpkin pasta with kale, shredded brussels sprouts and butternut squash



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
- Tipi Organics
- Crossroads Community Farm
- Olden Organics
- Cattail Organics
- Saffi Saana
- Hook's Cheese
- Roth Cheese
- Sartori Cheese

EXTRA GOODNESS

apple butter

Instructions: Keep refrigerated for up to one month. Enjoy on toasted english muffins or freshly made bread! Try it heated over top of salted caramel or vanilla ice cream. Or just eat it by the spoonful!

Ingredients: Apple, maple syrup, salt, cinnamon.

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

sheet pan caponata with halloumi and roasted potatoes

PREP & COOK TIME

40 MINUTES

IN YOUR BAG

Halloumi

Caponata Sauce

Vegetable Bag

Cherry Tomatoes

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. Get out two rimmed sheet pans; line with parchment paper.
- 2 While oven is preheating, prep your vegetables. Wash and dry your cherry tomatoes, eggplant, potatoes and peppers. Trim the stem end of the eggplant, then cut into 1-inch pieces. Stem and seed the pepper, then also cut it into 1-inch pieces. Peel and trim the red onion, then cut into 1/2-inch pieces. Cut the potatoes into rough 1-inch cubes.
- 3 Arrange the eggplant, pepper, tomatoes and onion on one parchment-lined rimmed baking sheet; put the potatoes on the other. Drizzle both trays with olive oil, sprinkle with salt and pepper, and toss vegetables to evenly coat. Bake, stirring occasionally, about 20 to 30 minutes. The vegetables on the eggplant tray should be soft and beginning to caramelize around the edges, while the potatoes should be starting to brown on the edges and get crispy.
- 4 Remove the tray with the eggplant from oven. Transfer the contents of the eggplant tray to a medium bowl and add the caponata sauce, tossing combine. Using a fork or potato masher, mash until some of the vegetables have broken down and the mixture is creamy. (Don't overdo it; be sure to leave plenty of large chunks.) Let sit at room temperature while you prepare and cook the fish.
- 5 Nestle the halloumi onto the sheet pan with the potatoes. Thinly coat with olive and season with salt and pepper. Bake until the cheese is browned on the edges and melty on the inside, about 10 minutes. Potatoes should keep getting even crunchier and more delicious.
- 6 Place your roasted potatoes and halloumi on your plate and top with the caponata. Enjoy!

Halloumi: Pasteurized cow's, sheep's and goat's milk, salt, mint, microbial rennet **Caponata Sauce:** Green olive, caper, red wine vinegar, sugar, parsley **Vegetable Bag:** Eggplant, pepper, red onion, potato **Cherry Tomatoes**

Contains: Milk, olive

② READY-TO-EAT

Vietnamese tofu and cabbage salad

In a large bowl, thoroughly toss together the cabbage salad and half of the dressing. Let sit and absorb the dressing for a bit, ideally at least 20 minutes.

While the cabbage salad is marinating, heat a splash of neutral oil in a non-stick skillet over medium-high. Add the tofu and cook, flipping the squares often, until tofu is golden brown on all sides, 2 to 3 minutes per side. Remove tofu from pan.

Taste and adjust seasoning on the cabbage salad and add more dressing, as needed. Top with hot, crispy tofu and sprinkle shallots and peanuts over everything. Enjoy!

Roasted Tofu: Tofu (sprouted organic whole soybeans, water, calcium sulfate), olive oil, salt, pepper **Cabbage Salad:** Red cabbage, green cabbage, carrot, bell pepper, pickled red onion, cilantro **Dressing:** Orange, lemon, lime, red onion pickling liquid (white wine vinegar, apple cider vinegar, water, salt, sugar), soy sauce, sesame oil, ginger, garlic, thai chili **Crispy Shallots & Peanuts:** Peanut, shallot, canola oil, salt

Contains: Peanut, soy, sesame

③ FARM-TO-FREEZER

cheesy baked pumpkin pasta with kale, shredded brussels sprouts and butternut squash

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