

PASTURE AND PLENTY

JANUARY 20, 2026 | VEGETARIAN

HOORAY, IT'S TUESDAY!

And we have a great line-up of meals for this short, holiday week! Get excited for: potato pelmeni served with braised cabbage, pickled carrots, radish & red onion, and curry sour cream; buffalo cauliflower chickpea lettuce wraps with house-made ranch and a carrot-celery-apple salad; and everyone's favorite Thai-inspired veg-packed coconut curry with tofu! And, who doesn't love a pancake brekkie (or dinner)?



potato pelmeni
with braised cabbage, pickled
vegetables and curry sour cream



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



red coconut curry
with tofu over brown rice



PRODUCER SPOTLIGHT

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

Paul's Pelmeni

Barnard Farms

Driftless Organics

Crossroads Community Farm

Elderberry Hill Farm

Blue Moon Community Farm

EXTRA GOODNESS

rye pancake mix

Instructions: Combine the wet and dry ingredients in a bowl and stir with a rubber spatula until just combined. Cover with plastic wrap and let rest for 10 to 15 minutes before cooking. Heat a pan on medium heat and grease with oil or butter. Use about 1/2 a cup of batter to make a 4-in to 5-in pancake. Cook for 3 to 4 minutes per side. Add berries, nuts, chocolate chips, etc!.

Ingredients: Dry mix (ap flour, rye flour, sugar, cinnamon, baking powder, baking soda, salt), wet mix (buttermilk, egg, oil, vanilla extract).

Contains: Milk, wheat, egg

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

potato pelmeni with braised cabbage, pickled vegetables and curry sour cream

PREP & COOK TIME

20
MINUTES

IN YOUR BAG

Potato Pelmeni

Braised Cabbage

Pickled Vegetables

Curry Sour Cream

PAIR WITH

the rich and flinty Iconic Sidekick Chardonnay or the drinkable Up North Wisconsin Lager from One Barrel

- 1 Keep pelmeni frozen until you cook it.
- 2 Bring a large pot of salted water – salty like the sea – to a boil over high heat. With your hands, gently loosen the frozen pelmeni. Once the water is at a rolling boil, carefully place the loosened pelmeni into the water. Stir immediately to prevent the pelmeni from sticking together, as well as periodically while cooking. Once the water has returned to a boil, reduce the heat to a gentle boil to prevent the pelmeni from bursting, boil for 4 to 6 minutes or until pelmeni float to the top of the pot and are your preferred al dente texture. Drain the pelmeni, reserving about a cup of the pasta water.
- 3 Meanwhile, heat the braised cabbage in a sauté pan over medium-low heat; cook until hot, about 5 minutes. Keep warm and add the cooked pelmeni to the braised cabbage; toss to coat. If the cabbage isn't coating the pelmeni, add a bit of the pasta cooking water to helpmake it saucier.
- 4 Divide cabbage and pelmeni into individual serving bowls, then top everything with the (drained) pickled vegetables and the curry sour cream. Enjoy!

Potato Pelmenii: Potato, onion, milk, eggs, flour, semolina flour, salt, pepper **Braised Cabbage:** Green cabbage, napa cabbage, onion, garlic, vegetable stock, apple cider vinegar, parsley, sugar, salt, pepper, thyme, caraway seed **Pickled Vegetable:** Carrot, beauty heart radish, red onion, white wine vinegar, apple cider vinegar, distilled vinegar, sugar, salt **Curry Sour Cream:** Sour cream, lime juice, curry powder, salt

Contains: Milk, wheat, egg

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 chickpeas 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 Cauliflower & Chickpeas: Cauliflower, chickpea, celery, spices, butter, cayenne, distilled vinegar, water, garlic powder, salt **Ranch:** Buttermilk, sour cream, soybean oil, egg, distilled vinegar, lemon, mustard, onion powder, garlic powder, chives, parsley, dill, salt, pepper **Carrot Apple Salad:** Red cabbage, napa cabbage, carrot, celery, apple, parsley, lemon, olive oil, salt, pepper **Lettuce**

Contains: Milk, egg

③ FARM-TO-FREEZER

red coconut curry with tofu over 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