

# PASTURE AND PLENTY

MARCH 2, 2026 | VEGETARIAN

## HOORAY, IT'S MONDAY!

Get excited for a delicious week ahead, friends: a sushi bake kit – essentially a California roll casserole with a base layer of scallion rice topped with edamame bound with a sriracha aioli sauce that's baked for an easy comfort dish – paired with a bright and fresh cucumber salad and furikake; our slow-cooked cherry tomato, onion and spinach ragù with fresh campanelle from Alimentari and herbed ricotta to top it; and an old Indian fave, chana masala!



### edamame sushi bake kit with cucumber salad and sriracha aioli



### cherry tomato, onion and spinach ragù with Alimentari campanelle and herbed ricotta



### chana masala 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:*

- Happy Valley Farm
- Elderberry Hill Farm
- Winterfell Acres
- Alimentari
- Fifth Season Co-op
- Saffi Saana
- BelGioioso Cheese

### EXTRA GOODNESS

### scotcheroo

Instructions: Keep refrigerated and enjoy within one week!!

Ingredients: Peanut butter, brown sugar, corn syrup, cornflakes, semi-sweet chocolate chips, butterscotch chips, Rice Krispies, vanilla, salt.

Contains: Peanut, 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

**edamame sushi bake kit with cucumber salad and sriracha aioli**

PREP & COOK TIME

40  
MINUTES

IN YOUR BAG

Scallion Rice

Edamame Topping

Cucumber Salad

Sriracha Aioli

Furikake

PAIR WITH  
the spicy FUSO  
Cala Bianco  
Terre Siciliane  
or  
the crisp and  
zesty Strong  
Ale from Giant  
Jones

- 1 Preheat oven to 375°F.
- 2 Add the edamame topping to a bowl with the aioli sauce; mix well to combine. Meal Kits for 1: make sure to set aside and keep handy the pyrex container from the topping!
- 3 Next, layer your rice in the bottom of a baking dish, with the edamame mixture spread evenly on top. For Meal Kits for 1, you can bake your meal right in pyrex container your edamame topping came in. For Meal Kits for 2, use a 9"x5" bread pan (or similarly sized baking dish). For Meal Kits for 4, use a 9"x9" baking pan (or similarly sized dish).
- 4 Bake, uncovered, until everything is gently bubbling, 25 to 30 minutes. Remove from the oven and let rest for at least 10 minutes before serving.
- 5 Sprinkle sushi bake with the furikake and serve with cucumber salad on the side. Enjoy!

**Scallion Rice:** Rice, scallion, salt **Edamame Topping:** Edamame, sweet potato, rainbow carrot, olive oil, salt, pepper **Cucumber Salad:** Cucumber, pickled red onion (red onion, white wine vinegar, sugar, salt), rice wine vinegar, cilantro, chive, salt, sugar **Sriracha Aioli:** Cream cheese, mayonnaise, sugar, soy sauce, rice wine vinegar, sesame oil, sriracha **Furikake:** Sesame seed, sugar, seaweed, salt, maltodextrin, disodium inosinate

Contains: Egg, milk, soy, sesame

② READY-TO-EAT

**cherry tomato, onion and spinach ragù with Alimentari campanelle and herbed ricotta**

Bring a well salted pot of water to a rolling boil. Add campanelle and cook, stirring occasionally, until al dente, typically 4 to 6 minutes. When pasta is done cooking, drain the pasta in a colander and do not rinse. Make sure to reserve some pasta water to help thicken your sauce.

Ready a large sauté pan, large enough for the pasta and sauce. Warm ragù in sauté pan over medium heat. Add reserved pasta water (about 1/4 cup to start) and cooked campanelle to ragù, toss to coat.

Divide pasta onto plates, top with herbed ricotta and dig in!

**Cherry Tomato, Onion and Spinach Ragù:** Onion, red onion, cherry tomato, celery, carrot, spinach, white wine, red wine vinegar, tomato paste, olive oil, parsley, rosemary, thyme, chive, salt, pepper. **Alimentari Campanelle:** Flour (semolina), water, salt **Herbed Ricotta:** Ricotta, lemon juice, parsley, chive, thyme, rosemary, heavy cream, salt

Contains: Wheat, milk (optional), alcohol

③ FARM-TO-FREEZER

**chana masala 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 9am-7pm  
SAT 9am-2pm