

PASTURE AND PLENTY

MARCH 9, 2026 | VEGETARIAN

HOORAY, IT'S MONDAY!

Here's to a delicious week ahead! We're filling your meal kits with: tempeh bulgogi in crisp lettuce wraps, with fresh radishes, kimchi aioli and Korean-style potato salad to eat alongside; a veg-laden Mediterranean-inspired quinoa salad with chickpeas, sun dried tomato-olive dressing, toasted pita and creamy hummus; tofu panang curry, chockfull of veg and rich with coconut milk and crushed peanuts over brown rice; and a bright lemon mousse for a little treat!



tempeh bulgogi lettuce wraps with Korean potato salad



Mediterranean quinoa salad with sun dried tomato-olive vinaigrette, pita and hummus



tofu panang curry 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:

Bandung

Driftless Organics

Winterfell Acres

Revol Greens

Vitruvian Farms

Flyte Family Farms

Alsum Sweet Corn

EXTRA GOODNESS

lemon mousse

Instructions: Keep refrigerated and enjoy within 4 days!

Ingredients: Cream cheese, heavy cream, powdered sugar, lemons, salt.

Contains: Milk, 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

tempeh bulgogi lettuce wraps with Korean potato salad

PREP &
COOK TIME

40
MINUTES

IN YOUR BAG

Tempeh

Bulgogi
Marinade

Kimchi Aioli

Korean Potato
Salad

Vegetable Bag

PAIR WITH

the fresh and
fruity El Jefe
Tempranillo
or
the hoppy Pulp
Culture IPA
from Working
Draft Brewing
Co.

- 1 Slice the tempeh into thin strips; add the slices to the marinade (in a ziploc bag or a shallow dish) and mix everything together until evenly coated. Let sit at room temperature while you prep the vegetables or, prep the tempeh in the morning and let it sit in the refrigerator until that evening. Flip the tempeh slices in the marinade occasionally.
- 2 Prep your veg! Start by removing any damaged or discolored outer leaves from your head lettuce. Then, remove the core and separate the leaves before washing and drying them thoroughly. Wash, dry and trim the radishes and green onions before thinly slicing them. Place the lettuce leaves in a large basket or platter; and the sliced radishes in a small dish alongside.
- 3 Heat a large, heavy skillet over high heat. Add the tempeh slices and marinade to the pan. Cook, flipping the tempeh every 2 to 3 minutes, until the liquid has evaporated and the tempeh begins to caramelize around the edges. Serve immediately, directly from the skillet (this will keep the tempeh hot).
- 4 To build your lettuce wraps, lay a lettuce leaf open on your palm. Add a piece or two of bulgogi tempeh and a few slices of radishes and green onion on top, then dab with kimchi aioli. Fold or wrap the lettuce, making a bundle that you can hold in one hand. Make one at a time, or a lot, serving the potato salad alongside. Make sure to eat the lettuce wraps in one or two big bites, to get a little bit of everything in each mouthful! Enjoy!

Tempeh: Soybean, apple cider vinegar, water, rhizopus oligosporous (tempeh culture) **Bulgogi Marinade:** Soy sauce, rice wine vinegar, asian pear, brown sugar, gochujang, onion, ginger, garlic, green onion, sesame oil, salt, pepper **Kimchi Aioli:** Soybean oil, cabbage, garlic, apple, mustard green, water, egg, distilled vinegar, egg yolk, green onion, korean red pepper, ginger, salt, sugar, lemon, apple cider vinegar **Korean Potato Salad:** Russet potato, carrot, apple, cucumber, mayonnaise (soybean oil, water, egg, distilled vinegar, salt, sugar, lemon), rice wine vinegar, salt, pepper, sugar **Vegetable Bag:** Lettuce, radish, green onion

Contains: Soy, sesame, wheat, egg

② READY-TO-EAT

Mediterranean quinoa salad with sun dried tomato-olive vinaigrette, pita and hummus

Place quinoa salad and olive vinaigrette into large bowl with mixed greens; toss well to combine all ingredients.

Warm pita in the toaster or toaster oven.

Portion hummus onto individual plates, then spread it across the plate in a thick schmear. Plate quinoa salad on top of hummus and serve with pita to scoop it up. Enjoy!

Quinoa Salad: Yellow quinoa, red quinoa, red bell pepper, yellow bell pepper, red onion, feta (milk, salt, cheese culture, enzymes, potato starch), cherry tomato, cucumber, olive oil, salt, white wine vinegar **Hummus:** Garbanzo bean, garlic, tahini (sesame), lemon, salt, baking soda, olive oil, salt **Vinaigrette:** Kalamata olive, olive oil, balsamic vinegar, sun-dried tomato, lemon, basil, red pepper flake, salt, pepper **Pita:** Enriched Wheat Flour, Water, Contains 2% or less of: Soybean Oil and/or Canola Oil, Yeast, Salt, Sugar, Dough Conditioner, Baking Powder, Nonfat Dry Milk, Calcium Propionate and Potassium Sorbate, yeast nutrients, whole wheat flour, soy flour

Contains: Wheat, olives, sesame, milk

③ FARM-TO-FREEZER

tofu panang curry 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 9am-7pm
SAT 9am-2pm