

PASTURE AND PLENTY

MARCH 17, 2026 | VEGETARIAN

HOORAY, IT'S TUESDAY!

Happy St. Patrick's Day and belated snowy meal kit day, y'all! Get excited for a delicious week ahead: pan-fried tempeh with rice noodles tossed with thinly sliced roasted veg (think: carrots, bell peppers and turnips) and a sweet, sour, and salty nuoc cham sauce; Tart's buttery french onion soup-inspired galettes with a side salad and a bright and tangy citrus vinaigrette; and green lentil and mushroom tamale pies chock-full of corn and bell peppers!



pan-fried tempeh with rice noodles, roasted vegetables and nuoc cham



Tart's french onion galettes with mixed greens and citrus vinaigrette



lentil and mushroom tamale pie with cornbread topping



PRODUCER SPOTLIGHT

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

Driftless Organics

Winterfell Acres

Revol Greens

Vitruvian Farms

Bandung

Tart

Reimer Family Farm

Hook's Cheese

Meadowlark Organics

EXTRA GOODNESS

baked banana oatmeal

Instructions: Thaw in refrigerator overnight. Cover with foil and bake at 325°F for 15 to 20 minutes or until warmed through. Alternatively, reheat in microwave for 30 seconds to 1 minutes. Top with maple syrup or brown sugar!

Ingredients: Oats, milk, banana, brown sugar, egg, baking powder, cinnamon, salt, nutmeg.

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

pan-fried tempeh with rice noodles, roasted vegetables and nuoc cham

PREP & COOK TIME

30 MINUTES

IN YOUR BAG

Tempeh

Rice Noodles

Veg Nuoc Cham

Vegetable Bag

PAIR WITH

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

- 1 Preheat oven to 400°F.
- 2 Prep your vegetables! Peel and trim the carrots and turnips; wash, de-stem and de-seed the bell pepper. Thinly slice all veg; toss with olive oil (just enough to lightly coat), season with salt and pepper. Arrange in a single layer on a sheet pan.
- 3 Place sheet pan with veggies in the oven for 5 minutes; stir, then roast for 5 minutes more.
- 4 Meanwhile, put rice noodles in a bowl and cover with boiling water for 4 minutes. After 4 minutes, drain and then rinse with cold water. Shake noodles dry and toss noodles with nuoc cham and roasted veg. Set aside.
- 5 Slice tempeh into 1/2" thick planks. Heat a splash of oil in a large nonstick skillet over medium-high heat. When the oil is shimmering, add tempeh to the pan in a single layer. Fry for 3 to 5 minutes a side, or until well-browned and crispy all over. Remove from pan and season with salt and pepper.
- 6 To serve, divide rice noodles and roasted veggies evenly in a wide, shallow bowl. Top with pan-fried tempeh. Drizzle any nuoc cham remaining in the mixing bowl over pork chop and noodle bowls. Dig in!

Tempeh: Soybean, apple cider vinegar, water, rhizopus oligosporous (tempeh culture) **Rice Noodles:** Rice flour, water **Veg Nuoc Cham:** Water, lime juice, sugar, vegan fish sauce (soy bean, water, salt), garlic, bird's eye chili **Vegetable Bag:** Rainbow carrot, turnip, red bell pepper

Contains: Soy, wheat

② READY-TO-EAT

Tart's french onion galettes with mixed greens and citrus vinaigrette

Preheat oven to 375°F. Place frozen galette on parchment lined baking sheet and bake until filling is bubbling and the crust is golden brown, about 45 to 50 minutes. Remove from oven and let cool for 5 minutes before slicing and serving.

Meanwhile, toss mixed greens with desired amount of vinaigrette. Plate salad next to sliced galette. Enjoy!

Tart's French Onion Galette: Unbleached enriched hard wheat flour (wheat flour, malted barley flour, niacin [vitamin B3], reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), hard white whole wheat flour, sugar, kosher salt, butter (pasteurized cream, natural flavorings), olive oil, onion, white wine, fresh thyme, pepper, mustard (water, mustard seeds, vinegar, salt, citric acid, sulphite), balsamic vinegar (wine vinegar, concentrated grape must, cooked grape must), gruyere cheese (pasteurized cow's milk, cheese cultures, salt, rennet), swiss cheese **Citrus Vinaigrette:** Canola oil, orange, lime, lemon, honey, white wine vinegar, whole grain mustard, garlic, salt **Mixed Greens**

Contains: Wheat, milk, alcohol

③ FARM-TO-FREEZER

lentil and mushroom tamale pie with cornbread topping

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