

PASTURE AND PLENTY

APRIL 20, 2026 | VEGETARIAN

HOORAY, IT'S MONDAY!

Get excited for great line-up of meals this week! We're cooking up: Japanese okonomiyaki veggie pancakes that are crisp on the outside and custardy on the inside and topped with aioli, hoisin and crispy oyster mushrooms; a creamy, warmly spiced tomato-based tikka masala curry with hunks of paneer and loads of veg; served with brown rice and a fresh and crisp cucumber raita; and our classic, comfort food fave loaded vegetable mac and cheese!



okonomiyaki kit with roasted oyster mushrooms



paneer tikka masala with brown rice and cucumber raita



loaded mac & cheese with sweet potato, spinach and bell peppers



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
- Driftless Organics
- Hook's Cheese
- Saffi Saana
- Tipi Organics
- Roth Cheese

EXTRA GOODNESS

Earth Day dirt cups

Instructions: Keep refrigerated and enjoy within 3 days.

Ingredients: Mousse (chocolate, cream, water, egg yolk, butter, sugar, salt), dirt crumble (butter, ap flour, brown and white sugar, cocoa powder, oat, salt).

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

okonomiyaki kit with roasted oyster mushrooms

PREP & COOK TIME

40 MINUTES

IN YOUR BAG

Shredded Vegetables

Dry Mix

Wet Mix

Hoisin Sauce

Aioli

Oyster Mushrooms

PAIR WITH

the fun and easy-going Brisat Azimut Orange 2024 or the refreshing Commuter Kölsch from One Barrel Brewing Co.

- 1 Place a sheet pan in the oven and preheat to 200°F.
- 2 Add the wet mix to a bowl large enough to fit all the ingredients; briefly beat the egg. Add dry mix and shredded veggies and stir until just combined.
- 3 In a large pan (nonstick, if you have one), heat a thin layer of oil on medium heat until hot. Add enough of the okonomiyaki batter to make a 4" to 5" pancake. There should be two pancakes per person. Cook for 4 to 5 minutes, or until golden brown. Carefully flip the okonomiyaki and cook an additional 4 to 5 minutes. Transfer to the warm sheet pan in the oven. Repeat this process with the remaining batter.
- 4 After all the okonomiyaki batter is cooked (and the pancakes are staying warm in the oven), wipe out the pan and heat another thin layer of oil on medium-high heat this time until hot. Add the mushrooms to the pan and cook until hot, well-browned and crispy, about 5 minutes, stirring occasionally.
- 5 Plate the okonomiyaki and top with both the hoisin sauce and the aioli. Sprinkle the crispy mushrooms on top and enjoy!

Shredded Vegetables: Red cabbage, green cabbage, carrot, scallion **Dry Mix:** AP flour, salt, onion powder, garlic powder, ginger, cayenne, smoked paprika, coriander **Wet Mix:** Egg, water **Hoisin Sauce:** Hoisin sauce (sugar, water, fermented soybean paste [water, salt, soybeans, wheat flour], salt, modified food starch, sweet potato powder, sesame paste, caramel color, spices, dehydrated garlic, salted chili peppers [chili peppers, salt], acetic acid, FD&C red no. 40, potassium sorbate), mirin, tomato, rice vinegar, brown sugar, soy sauce, pepper, salt, sambal **Aioli:** Pasteurized egg, canola oil, rice wine vinegar, garlic, lemon, water, salt, pepper **Oyster Mushrooms:** Oyster mushroom, olive oil, salt, pepper

Contains: Mushroom, soy, wheat, sesame, egg, alcohol

② READY-TO-EAT

paneer tikka masala with brown rice and cucumber raita

Heat paneer tikka masala and rice in separate saucepans over medium-low heat until hot; stir occasionally and cook for 6 to 8 minutes. For the rice, add 1/4 to 1/2 cup water and keep covered. Alternately, heat both in microwave on high, adding water if needed, stirring every minute or so, until hot for about 5 minutes.

Divide rice onto plates and top with paneer tikka masala. Serve with raita and enjoy!

Paneer Tikka Masala: Paneer (pasteurized milk, acetic acid, lactic acid), cauliflower, broccoli, tomato, butternut squash, turnip, onion, kale, heavy cream, ginger, garlic, tomato paste, lemon juice, cilantro, cumin, salt, paprika, red wine vinegar, turmeric, coriander, smoked paprika, ground ginger, olive oil **Brown Rice:** Brown rice, water, salt **Cucumber Raita:** Greek yogurt, cucumber, mint, cilantro, lemon, chat masala (salt, black salt, cumin, coriander, mint, ginger, yellow chili, nutmeg, caraway), salt, pepper.

Contains: Milk

③ FARM-TO-FREEZER

loaded mac & cheese with sweet potato, spinach and bell peppers

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