

PASTURE AND PLENTY

APRIL 27, 2026 | VEGETARIAN

HOORAY, IT'S MONDAY!

And we have a great line up of meals for the week ahead! Get ready to enjoy: crispy panko-topped buffalo tofu with a warm quinoa salad packed with kale, roasted cauliflower and broccoli; a humble Neapolitan soup of escarole and beans, topped with sourdough croutons and sarvecchio cheese; and a twist on traditional Eastern European cabbage rolls – with Impossible meat, rice, cabbage, paprika and more – that we turned into a hearty weeknight rice bake!



buffalo tofu with warm quinoa & vegetable salad and blue cheese crumbles



escarole and white bean soup with Madison Sourdough croutons and sarvecchio cheese



cabbage roll rice bake with Impossible meat



PRODUCER SPOTLIGHT

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

Emmi Roth Cheese

Jenny's Tofu

Winterfell Acres

Madison Sourdough Co.

Sartori Cheese

Reimer Family Farm

Happy Valley Farm

Fifth Season Cooperative

EXTRA GOODNESS

carrot ginger muffins

Instructions: Store at room temperature and enjoy within 3 days. Best enjoyed briefly warmed up in a microwave or toaster oven and slathered with butter.

Ingredients: Carrots, ap flour, sugar, milk, orange, egg, butter, ground ginger, baking powder, baking soda, salt, vanilla.

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

buffalo tofu with warm quinoa & vegetable salad and blue cheese crumbles

PREP & COOK TIME

25
MINUTES

IN YOUR BAG

Jenny's Tofu

Buffalo Sauce

Crispy Panko

Quinoa & Vegetable Salad

Crumbled Blue Cheese

PAIR WITH
the citrusy and spicy FUSO Cala Bianco Terre Siciliane or the hoppy Pulp Culture IPA from Working Draft Brewing Co.

- 1 Preheat oven to 425°F. Line a sheet pan with parchment paper.
- 2 Remove tofu from packaging. Slice the tofu into 1/2" thick rectangles, rub with with olive oil and then season with salt and pepper. Place on the parchment-lined sheet pan. Reserve at least half of your buffalo sauce for later and then coat the outside of the tofu, on all sides, with the remainder (or to taste). Toss panko with a bit of olive oil, then press the panko onto the tops of the buffalo sauce-coated tofu, pressing lightly to adhere the panko to the sauce. Place sheet pan in the oven.
- 3 Roast the tofu for about 10 to 15 minutes. Bake until the panko-coated tofu is golden and crisp. .
- 4 Meanwhile, gently reheat the quinoa salad in a saucepan over medium-low heat for about 6 to 8 minutes, or until hot. Stir occasionally, adding a splash of water if needed to prevent sticking.
- 5 Plate warm quinoa salad and top with buffalo tofu. Drizzle everything with the reserved buffalo sauce, sprinkle with the crumbled blue cheese and dig in!

Jenny's Tofu: Organic whole soybeans, water, calcium sulfate

Buffalo Sauce: Frank's Red Hot (aged cayenne red peppers, distilled vinegar, water, salt and garlic powder), butter, garlic, onion, salt **Panko Breadcrumbs:** Flour, canola oil, yeast

Quinoa & Vegetable Salad: Red quinoa, white quinoa, broccoli, cauliflower, kale, olive oil, red wine vinegar, salt, pepper

Crumbled Blue Cheese: Pasteurized cultured cow's milk, salt, enzymes, penicillium roqueforti

Contains: Soy, milk, wheat

② READY-TO-EAT

escarole and white bean soup with Madison Sourdough croutons and sarvecchio cheese

Reheat soup in a saucepan over medium heat until hot, adding up to 1/4 cup water per serving (as needed) and stirring occasionally, for about 6 to 8 minutes.

Warm croutons in the toaster oven or regular oven for a few minutes at 350°F until warmed and crisp.

Portion soup into bowls, garnish with crispy croutons and the sarvecchio cheese and enjoy!

Escarole Soup: Vegetable stock, escarole, white beans, onion, garlic, red wine vinegar, parsley, olive oil, salt, pepper, rosemary, thyme

MSCo Croutons: MSCo seed & grain boule (flour, water, salt, steel cut oats, sunflower seeds, sesame seeds, flax seeds), olive oil, salt, pepper **Sarvecchio:** Pasteurized milk, cheese cultures, salt, enzymes

Contains: Milk, wheat, sesame

③ FARM-TO-FREEZER

cabbage roll rice bake with Impossible meat

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