

PASTURE AND PLENTY

JUNE 29, 2026 | VEGETARIAN

HOORAY, IT'S MONDAY!

We have some great, summery flavors for you on this hot, hot week! Get excited for: an Asian-inspired weeknight pasta bowl with an umami-laden hoisin-garlic sauce, egg noodles, roasted farm-fresh veggies and cauliflower balls; shiitake mushrooms in a golden mustard bbq sauce on Stalzy's butter buns with crunchy slaw, our house-made pickles and baked beans served alongside; and a caprese pasta bake!



hoisin garlic noodle bowl
with roasted vegetables and
cauliflower balls



mustard bbq shiitake sandwich with slaw, P&P pickles
and baked beans



**creamy caprese pasta with
cherry tomatoes, kale and sweet corn**



PRODUCER SPOTLIGHT

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

Crossroads Community Farm

Keewaydin Farms

Vitruvian Farms

Don's Produce

Flyte Family Farm

Olden Organics

Stalzy's Deli

Winterfell Acres

Alsum's Sweet Corn

Sassy Cow Creamery

BelGioioso Cheese

Sartori Cheese

EXTRA GOODNESS

fudge & caramel sauces

Instructions: Store in refrigerator for up to a month. Remove lid; warm gently in the microwave in 30 second increments and pour over your fave ice cream!

Ingredients: Fudge sauce (cream, cocoa powder, sugar, brown sugar, semi sweet chocolate, butter, vanilla, salt), caramel sauce (sugar, cream, water, corn syrup, vanilla, salt)
Contains: 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

hoisin garlic noodle bowl with roasted vegetables and cauliflower balls

PREP & COOK TIME

40 MINUTES

IN YOUR BAG

Cauliflower Ball Mix

Vegetable Bag

Egg Noodles

Hoisin Garlic Sauce

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

- 1 Preheat the oven to 425°F.
- 2 Get your prep on! Wash and dry vegetables. Trim tops and bottoms of zucchini and turnips, then cut in bite-sized pieces. For the bok choy, trim ends off before cutting lengthwise into quarters. In a bowl, add the turnips and zucchini, toss with a splash of olive oil and season with salt and pepper. Arrange in a single layer on a sheet pan. Set the bok choy aside for now.
- 3 Divide and shape the cauliflower mix into golfball-sized balls. Line a rimmed baking sheet with parchment paper, drizzle lightly with a neutral oil and arrange cauliflower balls on top.
- 4 Bake the two sheet pans of veggies and cauliflower balls in the preheated oven. Bake for about 10 minutes, stir the veggie tray and add the bok choy. Bake both trays for another 5 to 10 minutes. When done, the cauliflower balls should be well-browned and crispy and an instant-read thermometer inserted into the center should read 165°F. The veg will be tender and well browned.
- 5 While the cauliflower balls and veg are baking, cook egg noodles in a large pot of salty, boiling water (a good ratio is 1 tablespoon kosher salt for a quart of water) for 5 to 7 minutes. Drain and rinse immediately.
- 6 Toss the egg noodles with half of the hoisin sauce while still hot and add the roasted veg.
- 7 Divide noodles and veg onto plates. Top with the meatballs and drizzle all over with remaining hoisin garlic sauce. Enjoy!

Cauliflower Ball Mix: Cauliflower, brown rice, red quinoa, oat flour, chickpea flour, egg, garlic powder, onion powder, ginger, coriander, salt, pepper **Vegetable Bag:** Zucchini, turnip, bok choy **Egg Noodles:** Bleached wheat flour, water, contains 2% or less of egg, corn starch, egg white, salt, sodium benzoate (for freshness), yellow 5, yellow 6 **Hoisin Garlic Sauce:** Hoisin, garlic, soy sauce, black vinegar, sesame oil, honey, sriracha, white sesame seed. *Contains: Egg, wheat, sesame, soy*

Keep the contents of your meal kit bag refrigerated unless otherwise specified.

② READY-TO-EAT

mustard bbq shiitake sandwich with slaw, pickles and baked beans

Place shiitakes and baked beans in separate sauce pans over medium heat and cook, stirring occasionally and adding a splash of water as needed, until heated through, about 5 to 7 minutes. Alternately, microwave pork and beans on medium high until hot, about 1 to 3 minutes.

While shiitakes and beans are heating, slice buns in half and toast, then give slaw a toss to redistribute the dressing.

Layer the shiitakes, a bit of slaw and some pickles on the bottom half of the toasted bun before setting on the top half. Plate the sandwiches and serve the baked beans and the remainder of the slaw and pickles on the side. Dig in!

Mustard BBQ Shiitakes: Shiitake mushroom, mustard bbq sauce (yellow mustard [water, vinegar, mustard seed, salt, turmeric, spices], cider vinegar, brown sugar, coffee, chipotle pepper in adobo sauce [chipotle pepper, tomato puree, onion, vinegar, canola oil, sugar, salt, paprika, garlic], onion powder, garlic powder), olive oil, salt, pepper **Stalzy's Bun:** Milk, bread flour, butter, egg, sugar, yeast, salt **Slaw:** Purple cabbage, green cabbage, apple, carrot, mayonnaise, lemon, lime, poppy seed, scallion, cilantro, parsley, salt, pepper **Pickles:** Cucumber, white wine vinegar, water, sugar, salt **Baked Beans:** Pinto bean, kidney bean, ketchup, red bell pepper, onion, jalapeño, cider vinegar, brown sugar, garlic, yellow mustard (water, vinegar, mustard seed, salt, turmeric, spices), molasses, salt, pepper, olive oil, smoked paprika, garlic powder. *Contains: Mushroom, wheat, milk, egg, soy*

③ FARM-TO-FREEZER

creamy caprese pasta with cherry tomatoes, kale and sweet corn

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
608.665.3770 • pastureandplenty.com

M 3:30pm-7:30pm **T-F** 9am-7pm
SAT 9am-2pm