

PASTURE AND PLENTY

AUGUST 10, 2026 | VEGETARIAN

HOORAY, IT'S MONDAY!

Get excited for a week of fun flavors, y'all! Look for: a summery cook kit with grilled paneer served with grilled dragon tongue beans, cherry tomatoes and onions tossed into quick-cooking couscous and topped with harissa; a creamy sweet corn and roasted poblano chowder with Madison Sourdough miche and a house-made roasted tomato compound butter; and then smothered pinto bean and summer squash burritos with salsa verde! And, cornbread?!



grilled vegetable couscous with paneer and harissa



poblano corn chowder with miche and tomato compound butter



smothered summer squash and pinto bean burritos with salsa verde



PRODUCER SPOTLIGHT

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

Winterfell Acres
Madison Sourdough Co.
Alsum Sweet Corn
Vitruvian Farms
Crossroads Community Farm
Happy Valley Farms
Green Barn Farms
Flyte Family Farm

EXTRA GOODNESS

cornbread

Instructions: Store in the refrigerator and eat within 5 days. Best enjoyed briefly warmed up in a microwave or toaster oven.

Ingredients: Sour cream, milk, cornmeal, butter, ap flour, egg, corn, sugar, baking powder, salt, baking soda.

Contains: Milk, egg, wheat

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

grilled vegetable couscous with paneer and harissa

PREP &
COOK TIME

45
MINUTES

GRILLING INSTRUCTIONS

- 1 Preheat your grill for medium-high heat.
- 2 Trim the ends of your green beans; trim, peel and cut your onions into quarters or eighths (depending on size); and cut tomatoes (if larger) into half or quarters. Toss all the chopped veg in a bowl with olive oil, salt and pepper. Coat your paneer with a thin layer of olive oil and, season with a grind or two of fresh pepper.
- 3 While the grill is still heating, prepare the couscous! Place the couscous into a large heatproof serving bowl, add a splash of olive oil and a pinch of salt. Stir to coat the grains. Bring a pot of water to boiling and pour water over the couscous; meal kits for 1 will need 1/2 cup of water; meal kits for 2 will need 1 cup of water; meal kits for 4 will need 2 cups of water. Immediately after adding the water, cover the bowl and let stand for 10 minutes. After 10 minutes, fluff the couscous with a fork to separate the grains. Cover again to keep warm.
- 4 Carefully place your veg in a grill basket. If you don't have a grill basket, shape a large piece of foil into the shape of a box, poke holes in it (to allow the heat and smoke to come through) and place it on the grill; add your veggies to your foil basket. Cook the veg until well-caramelized and slightly softened. Remove from grill and place back in your bowl. Taste for seasoning and add salt and pepper, if needed. Add the warm couscous to the bowl, then mix into warm, grilled vegetables.
- 5 Grill the paneer. Don't be hasty to remove the paneer, wait until the edges start to brown the paneer releases from the grates with ease, about 2 to 3 minutes per side. Transfer the grilled paneer pieces to a cutting board and slice it into about 1/4-inch thick slices.
- 6 Portion couscous salad onto plates, top with grilled paneer. Spoon harissa sauce (taste for spiciness first) over the top and enjoy!

ALTERNATE INSTRUCTIONS

Follow instructions above, but instead of using a grill, preheat oven to 425°F. Toss veg onto a sheet pan and roast for 15 to 20 minutes, stirring halfway through. Veg should be charred and slightly softened. Meanwhile, heat a small amount of olive oil in a skillet over medium-high heat. Place paneer in skillet and cook, turning occasionally, until golden brown.

Couscous: Durum wheat semolina **Harissa Sauce:** Tomato, roasted red pepper, guajillo chile, pasilla, chile, ancho chile, new mexico chile, garlic, tomato paste, red wine vinegar, brown sugar, salt, cumin, coriander **Vegetable Bag:** Dragon tongue beans, tomato, red onion **Paneer:** Pasteurized milk, salt, vinegar
Contains: Wheat, milk

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

② READY-TO-EAT

poblano corn chowder with miche and tomato compound butter

In a saucepan, warm soup over medium heat until hot, stirring occasionally, about 6 minutes. Alternatively, heat in microwave on medium high, stirring occasionally, about 4 minutes.

Toast the miche and slather with compound butter. Ladle soup into individual bowls, serve toast alongside, and dig in!

Poblano Corn Chowder: Vegetable stock (water, onion, carrot, celery, bay leaf), yukon gold potato, sweet corn, onion, poblano pepper, leek, white wine, heavy cream, parsley, scallion, lime, garlic, salt, butter, coriander, sweet smoked paprika, pepper, olive oil **MSCo Miche:** Flour, water, salt **Compound Butter:** Tomato, butter, shallot, sugar, white wine, thyme, salt

Contains: Milk, wheat, alcohol

③ FARM-TO-FREEZER

smothered summer squash and pinto bean burritos with salsa verde

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