

PASTURE AND PLENTY

SEPTEMBER 8, 2026 | VEGETARIAN

HOORAY, IT'S TUESDAY!

Hope you had a great Labor Day weekend! Get excited for a delicious, farm-fresh menu this short week, friends. Look for: grilled tofu and loads of summer veg atop scallion rice drizzled with an herb-packed chimichurri sauce; a bright and fresh salad, chock full of crunchy cabbage, celery, herbs, onion and cucumber and tempeh crumbles in a creamy cashew-butter dressing; and our take on ratatouille with creamy cheddar polenta!



chimichurri grill kit
with tofu, green beans, bell peppers,
zucchini and scallion rice



**cashew, tempeh and
cabbage salad**



**ratatouille
with cheesy polenta**



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
Jenny's Tofu
Bandung
Green Barn Farms
Olden Organics
Ortega's Garden
Driftless Organics

EXTRA GOODNESS

pumpkin toffee cookie dough

Instructions: Keep dough frozen. Preheat oven to 350°F while dough comes to room temperature. Place cookies on a parchment-lined cookie sheet. Flatten cookie dough until it is about 1/2 in. thick. Bake in preheated oven for about 12 to 15 minutes until golden, rotating halfway through for an even bake. Remove from oven and sprinkle with flaky sea salt if desired.

Ingredients: All-purpose flour, brown sugar, butter, pumpkin purée, toffee (butter, sugar, water, salt), sugar, egg, baking soda, 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

chimichurri grill kit with tofu, green beans, bell peppers, zucchini and scallion rice

PREP &
COOK TIME

45
MINUTES

IN YOUR BAG

Jenny's Tofu

Chimichurri
Sauce

Vegetable Bag

Scallion Rice

PAIR WITH
the fruity and
spicy Zillmina
Organic Spanish
Red Wine
or
the refreshing
and crisp New
Glarus Moon
Man No Coast
Pale Ale

GRILL INSTRUCTIONS

- 1 Preheat grill for medium-high heat. While the grill is preheating, get your prep on! First, wash and dry the vegetables. Trim the ends of the zucchini, then it into bite-sized pieces (about 1/2" x 1/2" cubes). Core and deseed the peppers; cut into bite-sized pieces. Also trim the stem ends off of the green beans. Place all vegetables in a bowl, then season with salt, pepper, and a splash or two of olive oil; toss to combine.
- 2 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 heat and smoke to come through) and place it on the grill; add your veg to your foil basket. Cook until they are tender and charred all over, about 15 minutes. Check early to be safe, every grill is different. Remove veggies from grill and place in your bowl.
- 3 Cut your tofu into long planks; coat with olive oil and season with salt and pepper. Place your tofu planks on the grill (making sure it's well oiled) and grill over direct heat until golden and caramelized, about 3 minutes per side.
- 4 While everything is grilling, microwave scallion rice with a splash of water until hot.
- 5 To plate, place your scallion rice on the plate, top with the grilled veg and place the grilled tofu alongside. Drizzle the chimichurri over everything and enjoy!

OVEN 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. The vegetables should be tender and browned on the edges. Meanwhile, heat a small amount of olive oil in a skillet over medium-high heat. Add the tofu planks to the pan and cook until golden and caramelized, about 3 minutes per side.

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

Chimichurri Sauce: Canola oil, parsley, cilantro, garlic, red wine vinegar, cider vinegar, chive, oregano, salt, jalapeño pepper, serrano pepper, red chile flake **Vegetable Bag:** Green beans, zucchini, bell pepper **Scallion**

Rice: Brown rice, water, scallion, salt

Contains: Soy

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

② READY-TO-EAT

cashew, tempeh & cabbage salad

In a large bowl, add the cabbage salad and half of the creamy cashew dressing. Toss well, getting in there with your hands and massaging the cabbage with the dressing a bit to help soften it.

Add the crumbled tempeh and toss again and let it sit for about 5 minutes to really soak up the sauce.

Taste and adjust the seasoning with more salt and pepper before topping with the remaining cashew dressing (to taste) and toasted cashews. Enjoy!

Creamy Cashew Dressing: Cashew, water, canola oil, soy sauce, lime juice, honey, shallot, garlic, dijon mustard, cilantro, jalapeño **Cabbage Salad:** Green cabbage, celery, cucumber, red onion, cilantro, parsley. **Crumbled Tempeh:** Tempeh (soybean, apple cider vinegar, water, rhizopus oligosporous [tempeh culture]), olive oil, salt, pepper, garlic powder, onion powder, sweet paprika, mustard powder **Toasted Cashews**

Contains: Tree nut (cashew), soy, wheat

③ FARM-TO-FREEZER

ratatouille with cheesy polenta

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