

HOORAY, IT'S MONDAY!

Get excited for a week of local goodness, friends! Here's to a crispy suya-spiced tofu – a punchy peanut-based spice blend with ginger, garlic, paprika and panko breadcrumbs – with a fresh cucumber tomato salad and coconut rice; a buttery, flaky galette from Ana and Carissa of Tart that's chock full of summer veggies with mixed greens and herb vinaigrette; and our classic, comfort-food fave loaded vegetable mac and cheese!



crispy suya tofu with cucumber tomato salad and coconut rice



Tart's summer vegetable, mushroom and mozzarella galette with greens and herb vinaigrette



loaded mac and cheese with roasted vegetables



PRODUCER SPOTLIGHT

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

Bering Bounty

Jenny's Tofu

Vitruvian Farms

Winterfell Acres

Tart

Nueske's Smoked Meats

Hook's Cheese

Sassy Cow Creamery

Green Barn Farms

Roth Cheese

EXTRA GOODNESS

banana cinnamon muffin

Instructions: Store at room temperature and enjoy within 3 days!

Ingredients: Banana, ap flour, whole wheat flour, brown sugar, butter, egg, milk, oil, baking powder, baking soda, cinnamon, vanilla extract, salt, nutmeg.

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

crispy suya tofu with cucumber tomato salad and coconut rice

PREP &
COOK TIME

25
MINUTES

IN YOUR BAG

Jenny's Tofu

Coconut Rice

Suya Spice Mix

Cucumber
Tomato Salad

PAIR WITH

the zesty and
fruity Sea Cove
Sauvignon Blanc
or

the crisp and
balanced Two
Women Lager
from New
Glarus
Brewing

- 1 Preheat oven to 425°F. Line a sheet pan with parchment paper.
- 2 Slice the tofu into 1/2" thick rectangles, rub with olive oil and then season with salt and pepper. Place on the parchment-lined sheet pan. Press the suya panko seasoning onto the tops of the oil-coated tofu, pressing lightly to adhere the panko to the tofu. 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 coconut rice 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 Give the cucumber tomato salad a stir to redistribute the dressing.
- 6 Plate coconut rice with the cucumber tomato salad alongside; top with the suya tofu. Enjoy!

Jenny's Tofu: Sprouted organic whole soybeans, water, calcium sulfate
Coconut Rice: Brown rice, toasted sweetened coconut flake, coconut milk, salt
Suya Spice Mix: Peanut, panko, smoked paprika, powdered ginger, garlic powder, onion powder, salt, cayenne
Cucumber Tomato Salad: Tomato, cucumber, pickled red onion (red onion, white wine vinegar, red wine vinegar, salt, sugar), cilantro, basil, olive oil, salt

Contains: Peanut, wheat, coconut, soy.

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

② READY-TO-EAT

Tart's summer vegetable, mushroom and mozzarella galette

Preheat oven to 375°F. Place frozen galette on parchment lined baking sheet and bake until filling is bubbling and the crust is golden brown, about 45 to 50 minutes. Remove from oven and let cool for 5 minutes before slicing and serving.

Meanwhile, toss mixed greens with desired amount of vinaigrette. Plate salad next to sliced galette. Dig in!

Galette: Unbleached enriched hard wheat flour (wheat flour, malted barley flour, niacin (vitamin B3), reduced iron, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), hard white whole wheat flour, sugar, kosher salt, butter (pasturized cream, natural flavor), zucchini, summer squash, bell pepper, cherry tomato, onion, mushroom, basil, parsley, herbes de provence, mozzarella
Herb Vinaigrette: Canola oil, olive oil, stone ground mustard, white wine vinegar, apple cider vinegar, honey, garlic, chive, dill, parsley, salt, pepper
Greens

Contains: Wheat, milk, mushroom

③ FARM-TO-FREEZER

loaded mac and cheese with roasted vegetables

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