

HOORAY, IT'S MONDAY!

We have a veg-packed menu for you this week, friends! Think: dragon tongue beans, bell peppers, tomatoes, cucumbers, swiss chard... it's all there! And all of that Wisconsin-grown bounty is woven into a menu full of exciting, but cozy, global flavors: Hawaiian huli huli tempeh, followed by a Middle Eastern-inspired taverna salad, with a South African peanut curry to follow. It's going to be a fun week, y'all and we hope you enjoy!



huli huli tempeh
with grilled dragon tongue beans,
peppers & onions and Hawaiian
potato-mac salad



taverna chopped salad with
crispy pita chips, chickpeas and
mozzarella balls



**South African sweet potato
and peanut curry**
with brown rice



PRODUCER SPOTLIGHT

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

Happy Valley Farm

Crossroads Community Farm

Fifth Season Cooperative

Vitruvian Farms

Belgioioso Cheese

Dritfless Organics

Bandung Indonesian Cuisine

EXTRA GOODNESS

cranberry pepita blondie

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

Ingredients: Butter, ap flour, brown sugar, pepitas, dried cranberries, eggs, sugar, egg yolks, vanilla, salt, corn starch, baking powder.

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

huli huli tempeh with grilled dragon tongue beans, peppers & onions and Hawaiian potato-mac salad

PREP &
COOK TIME

55
MINUTES

GRILL INSTRUCTIONS

- 1 Slice tempeh blocks, lengthwise, into 1/4" thick slices. Add your tempeh slices to half of the huli huli sauce (in a ziploc bag or a shallow dish) and mix everything together until evenly coated. Let sit at room temperature while you prep the vegetables or, prep the tempeh in the morning and let it sit in the refrigerator until that evening. Flip the tempeh around in the marinade occasionally.
- 2 When you're ready to cook, preheat grill for medium-high heat. While the grill is preheating, get your prep on! First, wash and dry all of the vegetables. Core and deseed the peppers, peel and trim the ends of the onions, snap the ends off the beans, then cut all of them into bite-sized pieces (about 1" x 1" pieces), place in a bowl, then season with salt, pepper, and a splash of olive oil.
- 3 Carefully place your vegetables 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 charred and slightly softened. Remove from grill and place back in your bowl.
- 4 While the veg is cooking, remove your tempeh from the marinade. Arrange the tempeh on the grill. Cook until well-browned on the underside, about 5 minutes. Carefully flip the tempeh and cook until the other side has char marks as well, another 5 minutes.
- 5 To plate, place your Hawaiian potato-mac salad on the plate, with the grilled veg alongside. Place the grilled tempeh on top of the vegetables and drizzle everything with the reserved huli huli sauce (as desired). Enjoy!

ALTERNATE INSTRUCTIONS

Follow instructions above, but instead of using a grill, preheat oven to 425°F. Toss veg onto a sheet pan with the tempeh slices and roast for 20 to 25 minutes, stirring halfway through. The vegetables should be tender and browned on the edges and tempeh should be well browned on the edges and heated through.

Tempeh: Soybean, apple cider vinegar, water, rhizopus oligosporous (tempeh culture) **Huli Huli Sauce:** Ketchup, brown sugar, soy sauce, pineapple juice, rice wine vinegar, ginger, garlic, sriracha, sesame oil **Potato-Mac Salad:** Elbow macaroni, yukon gold potatoes, mayonnaise, carrot, onion, celery, sweet peas, jalapeño, cider vinegar, heavy cream, sugar, salt, yellow mustard powder, pepper **Vegetable Bag:** Bell pepper, onion, dragon tongue beans **Contains:** Soy, wheat, egg, milk, sesame

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

② READY-TO-EAT

taverna chopped salad with crispy pita chips, chickpeas and

Add the taverna salad mix to a large bowl. Pour about half of the dressing over the salad and toss well. Add the pita chips and mozzarella balls to the salad, toss again.

Taste salad for seasoning, add more dressing, salt and pepper, as needed. Plate the taverna salad and dig in!

Taverna Salad Mix: Chickpeas, cherry tomato, cucumber, red bell pepper, kalamata olive, parsley **Oregano Vinaigrette:** Canola oil, red wine vinegar, olive oil, garlic, lemon juice, honey, oregano, dijon mustard, salt, pepper **Pita Chips:** (enriched wheat flour, water, contains 2% or less of soybean oil, yeast, salt, sugar, dough conditioner, nonfat dry milk, calcium propionate and potassium sorbate), olive oil **Mozzarella Balls:** Pasteurized milk, cream, enzymes, salt

Contains: Milk, wheat, olives

③ FARM-TO-FREEZER

South African sweet potato and peanut curry with brown rice

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