

PASTURE AND PLENTY

OCTOBER 26, 2026 | VEGETARIAN

HOORAY, IT'S MONDAY!

This week's Meal Kit menu brings big flavor to your table! Start with an easy sheet pan paneer and veggie tikka masala with turmeric rice and cashew cilantro chutney. Then dig into roasted cauliflower and chickpea shawarma with apple cabbage slaw, pickled turnips, dill lemon toum and warm pita. And stock your freezer with our three bean chili, loaded with local beans and sweet corn. Dinner's done, y'all... all you have to do is enjoy it!



sheet pan paneer and vegetable tikka masala
with turmeric rice and cashew cilantro chutney



roasted cauliflower-chickpea shawarma
shawarma with apple cabbage slaw, pickled turnips, dill lemon toum and pita



three bean chili



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
Olden Organics
Winterfell Acres
Elderberry Hill Farms
Meadowlark Organics
Barnard Farms
Green Barn Farms

EXTRA GOODNESS

Halloween dirt cup

Instructions: Keep refrigerated and enjoy within 3 days.

Ingredients: Mousse (chocolate, cream, water, egg yolk, butter, sugar, salt), dirt crumble (butter, ap flour, brown and white sugar, cocoa powder, 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

sheet pan paneer and vegetable tikka masala with turmeric rice and cashew cilantro chutney

PREP &
COOK TIME

45
MINUTES

IN YOUR BAG

Paneer

Yogurt
Marinade

Vegetable Bag

Turmeric Rice

Tomato Sauce

Cashew
Cilantro
Chutney

PAIR WITH
the crisp and
off-dry
Clean Slate
Riesling
or
the fruity,
easy-drinking
Spotted Cow
from New
Glarus
Brewing

- 1 Cut paneer into 1-inch cubes and soak in hot water for 10 minutes, then drain and pat dry. Arrange one oven rack in the center of the oven and a second one closest to the broiler heating element. Heat oven to 450°F. Line a sheet pan with foil and brush it with 1 tablespoon neutral oil. Set aside.
- 2 Prep your vegetables. Wash and dry the beans and peppers. Trim ends off beans. Core and deseed peppers, cut into 1-inch pieces. Peel onion, trim ends, quarter and then cut each quarter into halves. In a large bowl, toss paneer, bell peppers and onion with the yogurt marinade until evenly coated.
- 3 On the prepared sheet pan, evenly spread out the marinated paneer and veggies, then bake on the middle oven rack until the paneer edges start to turn golden, about 8 minutes.
- 4 While the veggies and paneer are roasting, heat your rice in a saucepan over medium-low heat until hot. Stir occasionally and cook for 6 to 8 minutes, adding 1/4 to 1/2 cup water (as needed) and keep covered.
- 5 Take the pan out of the oven and toss the paneer with the tomato sauce. Turn the oven to broil, place the paneer and vegetables on the top rack and broil on high until the paneer starts to turn golden on the edges, 1 to 2 minutes. Take the paneer and vegetables out of the oven.
- 6 Plate your turmeric rice, top with the paneer and vegetable tikka masala, and serve the cilantro chutney alongside. Enjoy!

Paneer: Pasteurized milk, salt, vinegar **Yogurt Marinade:** Yogurt, ginger, lemon, garlic, garam masala, sweet paprika, turmeric, salt, coriander, cayenne pepper **Vegetable Bag:** Yellow onion, dragon tongue beans, carmen and/or bell pepper **Turmeric Rice:** Brown rice, salt, turmeric, sweet pea **Tomato Sauce:** Tomato, onion, garlic, ginger, salt, red wine vinegar, olive oil **Cashew Cilantro Chutney:** Cashew, water, cilantro, garlic, lime, serrano, salt

Contains: Milk, tree nut (cashew)

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

② READY-TO-EAT

roasted cauliflower-chickpea shawarma with apple cabbage slaw, pickled turnips, dill lemon toum and pita

Preheat oven to 400°F. Reheat cauliflower and chickpeas on a sheetpan in preheated oven until heated through and crispy, 10 to 12 minutes.

Give cabbage and apple slaw a stir to redistribute the dressing evenly.

Warm pita for a few seconds in the microwave or a minute or two in the preheated oven.

Portion cauliflower-chickpea shawarma and slaw onto plates, serve with toum, turnip pickles and warmed pita. Enjoy!

Cauliflower-Chickpea Shawarma: Cauliflower, garbanzo bean, olive oil, lemon juice, salt, pepper, cumin, paprika, turmeric, cinnamon, coriander **Slaw:** Red cabbage, green cabbage, carrot, apple, scallion, cilantro, mayonnaise (canola, water, egg, vinegar, salt, sugar, lemon), apple cider vinegar, dijon mustard, honey, garlic, cumin, coriander, salt, pepper **Toum:** Canola oil, garlic, lemon, dill, water, salt **Pickled Turnips:** Turnip, cider vinegar, water, sugar, salt, turmeric **Pita:** Enriched wheat flour, water, yeast, contains 2% or less of salt, guar gum, calcium propionate, yeast nutrients, sugar

Contains: Wheat, egg

③ FARM-TO-FREEZER

three bean chili

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