

THE COOK KIT  
**1**

## grass fed beef and brown rice bowl

with Asian vegetables

PREP & COOK TIME: 35 mins

IN YOUR BAG

GRASS-FED SIRLOIN STEAK

BROWN RICE

SESAME-LIME DRESSING

ASIAN VEGETABLES

DRINK PAIRING

A low-tannin red wine like California pinot noir is perfect to pair with this dish. We suggest that beer lovers reach for an amber ale.

Thanks to our friends at:

Riemer Family Farm, Elderberry Hill Farms,  
Madison Sourdough

INSTRUCTIONS

- 1 First, bring steaks out of the refrigerator; season with salt and black pepper. They'll sear best if you begin with them near room temperature.
- 2 Preheat oven to 400 degrees F. Spray a baking sheet with baking spray or line with parchment.
- 3 Cut eggplant, bok choy, and carrots into bite size pieces, keeping them separate; slice scallions. Toss eggplant with a small amount of olive or canola oil, and place on the prepared baking sheet. Season with salt and black pepper.
- 4 Roast eggplant until tender, about 20 minutes.
- 5 Meanwhile, heat a heavy skillet (cast iron if you have it) over high heat. Swirl a small amount of olive oil in the pan; when the pan is hot enough, the oil will begin to shimmer. Using tongs, place steak in the hot pan. Fry the steak, turning often with tongs, until the internal temperature, measured with an instant-read thermometer, is 110 degrees F for Rare, or 130 degrees F for Medium, about 6-8 minutes. Set the steak aside on a warm plate, loosely covered with foil, to rest for 5 minutes.
- 6 Heat a generous splash of olive or canola oil in a skillet or wok over high heat, stir fry the carrots for a minute or two. Stir in bok choy and cook until vegetables are crisp tender, about 3 minutes. Stir in rice and edamame with about 1/2 cup water, turn heat down to medium, and cook, stirring, just until rice is heated through, about 2 minutes.
- 7 Slice steak thinly across the grain of the meat. Divide rice and vegetables into individual bowls. Top with steak slices and eggplant. Give the dressing a good shake; drizzle over bowls, and sprinkle scallions over top.

how'd it turn out?

Post your dinner pictures on Facebook or Instagram using the hashtags [#pastureandplenty](#) [#lessworkmorepicnic](#) [#dinnerdone](#) for a chance to get discounts on future orders.





## blackened sweet potato sandwich on brioche

with pepper jam and sour cream and carrot quinoa salad

Preheat oven to 350 degrees F. Place potato on a baking sheet, and bake until hot, about 10 minutes. Or, heat potato in microwave on High until hot, 2-3 minutes. Toast bun in toaster or oven. Build sandwich with sweet potatoes, arugula, pepper jam, and sour cream. Give the salad a good stir, and serve on the side.

### DRINK PAIRING

Try a bright crisp white like Sauvignon blanc or pinot gris. Prefer beer? Lager is the go-to here – it will complement the pepper jam nicely.

### IN YOUR BAG

BLACKENED SWEET POTATO

BRIOCHE BUN

ARUGULA

PEPPER JAM

CILANTRO-LIME SOUR CREAM

CARROT QUINOA SALAD



## chicken and wild rice chowder

### FROM THAWED:

**stovetop:** Cook and stir soup in a saucepan over medium-low heat until hot, about 7 minutes.

**microwave:** Remove lid; cover with paper plate. Microwave on High for 3-6 minutes; stirring every minute or so, and microwave until hot, 2-3 minutes more. Rest in microwave for 3 minutes before serving.

### FROM FROZEN:

**microwave:** Remove lid, cover with paper plate. Microwave on High for 6-10 minutes. Stir; continue cooking until hot, about 3-6 minutes more, adding water if needed. Rest in microwave for 5-8 minutes before serving.

### DRINK PAIRING

This creamy soup calls for the little touch of acidity in a riesling; an IPA is a good choice if you're in the mood for beer.



## buckwheat chocolate chip cookies

**INGREDIENTS: Sesame-Lime Dressing:** Garlic, ginger, scallion, soy sauce, lime juice, rice vinegar, sweet chili sauce, honey, sesame oil, canola oil.

**Asian Vegetables:** Japanese eggplant, scallion, edamame, carrots, baby bok choy.

**Sweet Potatoes:** Olive oil, cumin, chile de arbol, salt and pepper.

**Cilantro-Lime Sour Cream:** Sour cream, cilantro and lime

**Carrot quinoa salad:** Carrots, quinoa, olive oil, red wine vinegar, spices, onions, scallions.

**Red pepper jam:** Red peppers, honey, water, spices.

**Chowder:** Butter, celery, carrots, onions, garlic, thyme, salt, pepper, chicken, wild rice, oat flour, chicken stock, heavy cream.

**Cookies:** Brown sugar, sugar, butter, eggs, vanilla, flour, buckwheat flour, baking powder, baking soda, salt, chocolate, walnuts, almonds, pecans, maldon salt.

We do our best to prepare meals without gluten, for those who are gluten-free, but please note that we cook in a facility that handles gluten and other potentially allergenic food items, such as eggs, tree nuts, peanuts.