



# P&P BEEF AND BROCCOLI

with brown rice

PREP & COOK TIME

35 MINUTES

IN YOUR BAG

MARINATED SPICY BEEF

BROCCOLI

BROWN RICE

SPICY DRESSING

PAIR WITH PINOT NOIR OR LAGER

## PASTURE AND PLENTY

### INSTRUCTIONS

- 1 Cut broccoli crowns into bite size florets. If broccoil stems are at all tough, shave them with a carrot peeler, then slice stems into "coins" about ¼-inch thick; set aside.
- 2 Preheat a grill for medium high heat, or preheat a skillet over medium high heat. Season beef with salt and pepper.
- 3 Brush grill grates with olive oil, or swirl a small amount of olive oil in the pan. Using tongs, place steak on the grill or hot pan. Cook 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.
- 4 Place broccoli florets and coins with ½ cup water in a skillet over medium high heat; cover and steam until bright green, about 3 minutes. Uncover broccoli; cook until tender and water is evaporated, about 2 minutes more. Remove broccoli from heat; stir in spicy dressing.
- 5 Meanwhile, remove lid from brown rice, stir in a small amount of water, cover with a plate or paper towel, and microwave on Medium High until heated through, stirring as needed, 3-8 minutes.
- 6 Slice steak thinly across the grain; stir steak slices into broccoli. Season to taste with salt and black pepper.
- 7 Divide brown rice onto serving plates. Spoon steak mixture over rice; drizzle with pan juices.

**BEEF:** Beef, garlic oil, fish sauce, soy sauce, chilies, garlic, white wine vinegar, salt. *Allergens: Soy*  
**DRESSING:** Chiles, fish sauce, garlic, water, white wine vinegar, soy sauce, honey. *Allergens: Soy*

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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.



# SPRING GARDEN SALAD WITH SALAMI

with peas, fava shoots, asparagus, farro, and feta

PAIR WITH VINHO VERDE OR BLONDE ALE

## IN YOUR BAG

SPRING GARDEN SALAD WITH SALAMI, ROASTED SUNFLOWER SEEDS

Toss salad to mix all ingredients and to redistribute juices; sprinkle with sunflower seeds.

**SALAD WITH SALAMI:** Farro, asparagus, fava shoots, peas, feta, salami, mint, parsley, scallions, olive oil, salt, pepper, red pepper flakes. *Allergens: Wheat, dairy*

## PLEASE RETURN YOUR GLASSWARE!

Check your pantry for jars and Pyrex. Rinse or wash; replace lids to prevent chipping. Remove the labels right after you pull from fridge. They peel off clean when they are cold and dry.

## FRESH GREENS

*This week you'll see a big bag of Romaine heads and Caesar dressing to enjoy alongside whichever meals you choose.*

**CAESAR DRESSING:** Olive oil, mayo, garlic, mustard, parmesan, lemon juice, salt. *Allergens: Egg, dairy*

## PRODUCER SPOTLIGHT

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

**Arndt Farms, Riemer Family Farm, Elderberry Hill Farms, Mushroom Mike LLC, Gentle Breeze Honey, BelGioioso, RP's Pasta, Satori, Sassy Cow Creamery**



## DOOR COUNTY CHERRY BAR

All purpose flour, oats, salt, brown sugar, white sugar, dried cherries, hard cider, butter. *Allergens: Wheat, dairy*