

# PASTURE AND PLENTY

DATE: AUGUST 10, 2020 | OMNIVORE

## HOORAY, IT'S MONDAY!

Zucchini season is in full swing and we love finding new ways to make it sing in your meal kit! We think the Heirloom Tomato Basil Compound Butter is all the fresh and ripe zucchini, squash, and snap beans need to me a quick, easy meal off the grill. And the Greek quinoa salad (yes, with zucchini) has a twist: chickpeas two ways, both crispy and creamy. Send a note and tell us what you think!

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**steak, summer vegetable,  
and bread grill kit**  
with heirloom tomato basil  
compound butter

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**Greek quinoa salad**  
with hummus, crispy chickpeas, olive  
dressing, and spicy greens

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**bourbon chicken**  
with broccoli, grilled shishito  
peppers, and white rice

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## PRODUCER SPOTLIGHT

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

Elderberry Hill Farms

Raleigh's Hillside

Driftless Organics

Vitruvian Farms

Arndt Farms

Sassy Cow Creamery

Sartori Cheese

Madison Sourdough Co.

## EXTRA GOODNESS

### peanut butter blossom cookie dough

Preheat oven to 350°F. Flatten thawed dough into discs. Bake for 10-12 minutes, until golden brown.

Ingredients: Peanut butter, oat flour, brown sugar, baking powder, vanilla, salt.

Contains: Nuts.

## 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

**steak, summer vegetable, and bread grill kit** with heirloom tomato basil compound butter

PREP & COOK TIME

**30**  
MINUTES

IN YOUR BAG

Sirloin Steak

Heirloom Tomato  
Basil Compound  
Butter

MSCo Miche

Squash, Zucchini,  
Assorted Beans

PAIR WITH

a full-bodied red, like the Barter & Trade Merlot/Syrah blend or a rich Grand Porter from Giant Jones Brewing Co.

- 1 First, bring steaks out of the refrigerator; season with salt and black pepper. Preheat grill for high heat or oven to 400°F.
- 2 Cut squash and zucchini lengthwise and snap the ends off of the beans. Give the veggies a splash of olive oil and a dusting of salt and pepper, do the same with your slices of bread.
- 3 Using tongs, place steaks onto grill. Grill the steak, turning often with tongs. If not grilling, heat a heavy bottom skillet over medium-high heat. Add a splash of oil. Then, add the steak and cook, turning often with tongs. Cook steak 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 Grill the vegetables over medium heat, or roast in the oven, until nicely charred and cooked through. Lightly grill (or toast in the oven) bread until browned. Once vegetables have cooled slightly cut into bite-sized pieces.
- 5 Now, put it all together: Slice steak into strips across the grain of the meat. Divide warm vegetables, bread, and steak onto serving plates; top with tomato basil compound butter.

**Sirloin Steak**

**Heirloom Tomato Basil Compound Butter:** Butter, tomato, onion, garlic, basil, white wine, saffron, red pepper, sugar, salt.

**MSCo Miche:** Whole wheat flour, rye flour, water, salt.

**Squash, Zucchini, Assorted Beans**

*Contains: Wheat, milk.*

② READY-TO-EAT

**Greek quinoa salad** with hummus, crispy chickpeas, olive dressing, and spicy greens

Empty jar salad contents into a large bowl. Dress with olive dressing, toss to combine all ingredients.

Portion hummus onto individual plates, spread around bottom of plate. Top hummus with dressed salad, serve with pita.

**Mediterranean Quinoa Salad:** Quinoa, cucumber, squash, zucchini, tomato, red pepper, shallot, feta (milk, salt, cheese cultures, enzymes, potato starch), spicy salad greens, garbanzo bean, spices, salt and pepper.

**Roasted Garlic Lemon Hummus:** Garbanzo beans, garlic, tahini, lemon, salt, baking soda, olive oil.

**Olive Dressing:** Olive oil, red wine vinegar, kalamata olives, lemon, red pepper, salt, pepper.

*Contains: Milk.*

③ FARM-TO-FREEZER

**bourbon chicken** with broccoli, grilled shishito peppers, and white rice

See label for reheating instructions and ingredients



We are a local meal kit service, restaurant, deli and event space serving Wisconsin-grown goodness for breakfast & lunch Tues - Fri, weeknight dinner, Friday fish fry, Saturday brunch and Sunday workshops and community events.

**GET IN TOUCH**

2433 University Avenue  
608.665.3770 • [pastureandplenty.com](http://pastureandplenty.com)

**M** 3:30pm-7:30pm **T-F** 11am-7pm  
**SAT** 9am-1pm