

PASTURE AND PLENTY

JUNE 19, 2023 | OMNIVORE

HOORAY, IT'S MONDAY!

Steamy, hot weather is here for real this week, y'all. And we can't wait to usher summer in RIGHT with some summery meals! Look for: grilled beef with grilled broccoli and head lettuce with brown rice and topped with an umami-rich caper-raisin vinaigrette and crispy breadcrumbs; pulled pork in a golden mustard bbq sauce on ciabatta with crunchy slaw and creamy potato salad; and our fan-favorite baked ziti with spinach, eggplant and sarvecchio besciamella!



grilled beef and broccoli with caper-raisin vinaigrette and brown rice



mustard bbq pulled pork sandwich with slaw and potato salad



baked ziti with roasted eggplant, spinach and sarvecchio besciamella



PRODUCER SPOTLIGHT

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

- Winterfell Acres
- Vitruvian Farms
- Elderberry Hill Farm
- Sartori Cheese
- Madison Sourdough Co.
- Happy Valley Farm
- Saffi Saana

EXTRA GOODNESS

carrot miso cookies

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

Ingredients: Sugar, butter, whole wheat flour, rye flour, sun butter, carrots, red miso, eggs, baking soda, vanilla

Contains: *Wheat, soy, 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

grilled beef and broccoli with caper-raisin vinaigrette and brown rice

PREP & COOK TIME

45
MINUTES

IN YOUR BAG

Skirt Steak

Vegetable Bag

Caper-Raisin Vinaigrette

Brown Rice

Breadcrumbs

PAIR WITH the full-bodied and aromatic Pascal Biotteau Anjou Rouge 2020 or the big and spicy Ryewine from Giant Jones

GRILLING INSTRUCTIONS

- 1 Preheat grill for medium-high heat. While the grill is preheating, get your prep on! Trim and peel the main broccoli stalk, then cut the head (with peeled stalks attached) into long florets. In a bowl, season broccoli florets with salt, pepper, and a splash of olive oil. Cut your lettuce heads in half (if not cut already), making sure to leave the core intact on both halves; rinse well between the connected leaves and let dry. Lightly rub the outside leaves with olive oil. Remove your skirt steak from its packaging, coat with a thin layer of olive oil and season generously with salt and pepper.
- 2 Carefully place your broccoli 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 broccoli until well-caramelized and slightly softened. Remove from grill and place back in your bowl. Toss with about 1/2 of your vinaigrette. Taste for seasoning and add salt and pepper, if needed.
- 3 At the same time, place steak on the grill, and sear the first side until browned, about 2 to 4 minutes. Flip and cook another 2 to 4 minutes. For medium rare doneness, cook steak until it reaches an internal temperature of 150°F* (when measured with an instant thermometer). Transfer steak to a cutting board, loosely cover with foil, and allow to rest. Just before serving, slice the steak across the grain, into about 1/4-inch thick slices.
- 4 You'll also want to toss your halved lettuce heads on the grill, once you have your steak on. Grill for 15 to 20 seconds on each side, until they are lightly golden, to just kiss the heads with char and to slightly soften it. Roughly chop into strips and season with salt and pepper.
- 5 While everything is grilling, reheat the brown rice in a saucepan over medium-low heat with a splash of olive oil, stirring occasionally, until hot, about 6-8 minutes. If needed, add a bit of water to moisten the rice.
- 6 To plate, heap brown rice on your plate and top with the grilled broccoli, sliced lettuce and skirt steak. Top with the remainder of the vinaigrette and liberally sprinkle the toasted breadcrumbs over it all. Enjoy!

STOVETOP INSTRUCTIONS

Follow instructions above, but instead of using a grill, preheat oven to 425°F. Toss broccoli onto a sheet pan and roast for 15 to 20 minutes, stirring halfway through. Veg should be charred and slightly softened. Add the lettuce halves for the last 5 minutes. Meanwhile, heat a small amount of olive oil or butter in a skillet over medium-high heat. Place skirt steaks in skillet and cook, turning occasionally, until internal temperature (measured with an instant thermometer) reads 150°F, or to desired doneness.

**Consuming raw or undercooked meat may increase your risk of foodborne illness.*

Vegetable Bag: Broccoli, head lettuce **Caper-Raisin Vinaigrette:** Golden raisin, olive oil, balsamic vinegar, caper, garlic, anchovy, parsley, salt, pepper **Brown Rice:** Brown rice, water, bay leaf, chile de arbol, salt, pepper **Breadcrumbs:** Flour, water, olive oil, salt, pepper **Skirt Steak**

Contains: Beef, wheat, fish

② READY-TO-EAT

mustard bbq pulled pork sandwich with slaw and potato salad

Place pulled pork in a sauté pan with a splash of water over medium heat and cook, stirring occasionally, until heated through, about 5 to 7 minutes.

While pork is heating, slice ciabatta buns in half and toast, then give slaw a toss to redistribute the dressing.

Layer the pulled pork and a bit of slaw on the bottom half of the toasted bun before setting on the top half.

Plate the sandwiches and serve the remainder of the slaw and the potato salad on the side. Dig in!

Pulled Pork: Pork, yellow mustard, brown sugar, apple cider vinegar, orange, beer, red onion, chipotle, salt, pepper, garlic, cumin, coriander, paprika **Potato Salad:** Yukon potato, red onion, celery, mayo (canola oil, egg, lemon, dijon, garlic), cornichon, mustard, dill, chive, salt, celery seed, paprika, pepper **Slaw:** Green cabbage, purple cabbage, carrot, apple, mayo (canola oil, egg, lemon, dijon, garlic), lemon, lime, poppy seed, scallion, cilantro, parsley

Contains: Wheat, milk, egg, pork

③ FARM-TO-FREEZER

baked ziti with roasted eggplant, spinach and sarvecchio besciamella

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, weeknight dinner, Friday fish fry, 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 11am-7pm
SAT 9am-1pm