

PASTURE AND PLENTY

JULY 22, 2024 | OMNIVORE

HOORAY, IT'S MONDAY!

Get excited for: a fan favorite fajita dinner with flavorful, marinated skirt steak, tender grilled veggies and frijoles charros; a classic BLT with crispy bacon and lemon pepper aioli with a summery pesto pasta salad; and a buttery, flaky galette from Ana and Carissa of Tart that's chockfull of summer veggies.... think: zucchini, summer squash, bell peppers, cherry tomatoes, mushrooms, garlic scapes and more!



marinated steak fajita kit with frijoles charros



BLT with pesto pasta salad



Tart's summer vegetable and fontina galette



PRODUCER SPOTLIGHT

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

- Crossroads Community Farm
- Flyte Family Farm
- Don's Produce
- Garden To Be
- Bandung Indonesian Cuisine
- Winterfell Acres
- Jones Dairy Farm
- Vitruvian Farm
- Madison Sourdough Co.
- Tart

EXTRA GOODNESS

banana walnut muffins

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

Ingredients: banana, ap flour, brown sugar, walnuts, butter, egg, milk, oil, baking powder, baking soda, cinnamon, vanilla extract, salt, nutmeg

Contains: Wheat, tree nut (walnut), milk, 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

marinated steak fajita kit with frijoles charros

PREP & COOK TIME

40 MINUTES

IN YOUR BAG

- Skirt Steak
- Fajita Marinade
- Bell Peppers and Onions
- Pepperjack Cheese
- Flour Tortillas
- Frijoles Charros

PAIR WITH the fresh and fruity El Jefe Tempranillo or the hoppy and hazy Justified West Coast IPA from Working Draft

- 1 The steak should marinate between 3 to 10 hours. Ideally, in the morning, place skirt steak in a large ziploc and toss with HALF of the marinade (reserve the rest); place back in fridge. If possible, give the steak a flip or two throughout the day to evenly coat with marinade.
- 2 Prep your vegetables in the morning or evening. Rinse and dry all vegetables. Destem and deseed your peppers and slice into 1/2"-thick strips. Peel, core and slice your onions into a similar size. Toss peppers and onion in a bowl with the reserved marinade (refrigerate until ready to use if doing in the morning).
- 3 When ready to cook, preheat your grill for medium-high heat. Remove steaks from marinade and place on the grill. Cover and cook for 1 minute. Flip steaks, cover, and cook for another minute. Continue cooking in this manner until steaks are well charred and an instant-read thermometer registers 115 to 120°F for medium-rare or 125 to 130°F for medium*. Transfer steaks to a large plate, tent with foil, and allow to rest.
- 4 Remove the veg from the marinade and carefully place 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 veg until charred and slightly softened. Remove from grill and set aside on a platter for serving.
- 5 At the same time, gently reheat the frijoles charros in a saucepan over medium-low heat for about 4 to 6 minutes, or until hot. Stir occasionally.
- 6 Also reheat tortillas on the hot grill, 5 seconds per side; keep flipping until flexible and warm. Keep tortillas wrapped in a towel after heating to keep them warm and pliable until you're ready to eat.
- 7 Transfer the resting steak to a cutting board and pour any accumulated juices from plate into bowl with vegetables. Toss to coat. Then, thinly slice meat against the grain and transfer to platter with vegetables.
- 8 Serve steak and vegetables immediately in hot tortillas topped with the pepperjack cheese, with the frijoles charros alongside. Enjoy!

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

Vegetable Bag: Bell peppers, onion **Marinade:** Soy sauce, lime juice, canola oil, brown sugar, pasilla, guajillo, ancho, garlic, cumin, pepper, salt **Cheese:** Pasteurized milk, cheese cultures, jalapeño peppers, salt, enzymes **Tortillas:** Bleached enriched flour, water, shortening, salt, leavening, calcium propionate, fumaric acid, mono diglyceride, cellulose gum, sorbic acid, enzymes, sodium metabisulfite **Frijoles Charros:** Pinto bean, vegetable stock, fire roasted tomato, onion, red bell pepper, green bell pepper, jalapeno, garlic, cilantro, salt, guajillo, pasilla, ancho, pepper **Skirt Steak**

Contains: Beef, milk, wheat, soy

② READY-TO-EAT

BLT with pesto pasta salad

Wash and dry lettuce leaves and slice your tomatoes. Then reheat bacon in a skillet over medium heat until crisp again, about 3 to 4 minutes (bacon is partially cooked). Meanwhile, toast your sourdough bread. Slather one side of each piece of toast with the aioli.

Divide lettuce evenly between both pieces of bread. Layer tomato slices on top of lettuce on 1 piece of bread; season generously with salt and pepper. Break bacon slices in half and layer onto the tomato slices. Close sandwich and cut in half diagonally. Serve immediately with pesto pasta salad on the side. Enjoy!

MSCo Sourdough: Flour, water, salt **Aioli:** Canola oil, egg, lemon, olive oil, garlic, white wine vinegar, pepper, salt **Pasta Salad:** Cavatappi noodles, pesto (canola oil, pepita, parmesan, garlic, basil, arugula, red wine vinegar, salt), summer squash, zucchini, cherry tomato, fresh mozzarella **Bacon, Lettuce & Tomatoes**

Contains: Pork, milk, wheat, egg

③ FARM-TO-FREEZER

Tart's summer vegetable and fontina galette

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 11am-7pm
SAT 9am-2pm