

PASTURE AND PLENTY

MARCH 17, 2025 | OMNIVORE

HOORAY, IT'S MONDAY!

We hope you enjoy the veg-packed meals coming your way this week! Here's to lettuce wraps, vegetable soup and roasted veggie marinara! Oh, and happy St. Patrick's Day, y'all! Our Bakeshop team was feeling the Irish spirit and baked up some Shamrock Cookies for you to enjoy. Hopefully they hit the spot and spread a little luck your way this week!



pan-seared steak lettuce wraps with peanut sauce



chicken and vegetable soup with Tart's parmesan peppercorn biscuits



roasted vegetable marinara with Sal's rigatoni



PRODUCER SPOTLIGHT

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

Salvatore's Tomato Pies

Tart

Winterfell Acres

Elderberry Hill Farms

Tipi Produce

Crossroads Community Farm

Just Veggies

Saffi Saana

EXTRA GOODNESS

shamrock sugar cookie

Instructions: Store at room temperature and enjoy within 5 days.

Ingredients: Butter, sugar, flour, egg, baking powder, salt, vanilla, green sprinkle sugar.

Contains: Milk, egg, wheat

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

pan-seared steak lettuce wraps with peanut sauce

PREP & COOK TIME

35 MINUTES

IN YOUR BAG

Skirt Steak

Lettuce

Peanut Sauce

Pickled Vegetables

Shredded Vegetables & Herbs

PAIR WITH

the medium-bodied and fruity Gaspard Pinot Noir or the hoppy Pulp Culture IPA from Working Draft Brewing Co.

- 1 Remove your skirt steak from its packaging, then coat it with a thin layer of olive oil, then season steak generously with salt and pepper.
- 2 Heat a small amount of olive oil or butter in a skillet over medium-high heat. Place skirt steaks in skillet 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 130°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.
- 3 Separate leaf lettuce, wash under cold water, and then dry.
- 4 Divide seared, sliced steak onto lettuce wraps. Top with pickled and shredded vegetables and herbs, top with the peanut sauce and dig in!

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

Peanut Sauce: Peanut, water, shallot, garlic, soy sauce, rice vinegar, lime, red curry paste (dried chile pepper, garlic, shallot, salt, lemongrass, sugar, kaffir lime, galangal, spices [coriander seeds, cumin, cardamom], citric acid), brown sugar, salt **Pickled Vegetables:** Cauliflower, jalapeño, red onion, white wine vinegar, rice wine vinegar, salt, sugar **Shredded Vegetables & Herbs:** Orange carrot, yellow carrot, red carrot, watermelon radish, kohlrabi, cilantro, parsley, chive, basil **Skirt Steak, Lettuce**

Contains: Beef, soy, peanut, wheat

② READY-TO-EAT

chicken and vegetable soup with Tart's parmesan peppercorn biscuits

Preheat oven to 375°F. Place frozen biscuits on a parchment lined sheet pan. Bake for about 15 to 20 min, until top is a rich golden brown and the internal temperature of the biscuits read 200 to 205°F.

While the biscuits are baking, heat soup in a saucepan over medium heat until hot, about 8 min. Stir occasionally and, if needed, add a splash of milk.

Serve piping hot soup with warm parmesan peppercorn biscuits!

Chicken & Vegetable Soup: Chicken stock, chicken, carrot, celery, onion, turnip, sweet pea, cabbage, garlic, kale, butter, ap flour, cream, red wine vinegar, salt, soy sauce, pepper, red chile flake **Tart's Parmesan Peppercorn Biscuit:** Unbleached enriched hard wheat flour, kosher salt, baking powder, baking soda, sugar, butter, buttermilk, parmesan, black pepper

Contains: Poultry, soy, milk, wheat

③ FARM-TO-FREEZER

roasted vegetable marinara with Sal's rigatoni

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
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M 3:30pm-7:30pm T-F 11am-7pm
SAT 9am-2pm