

# PASTURE AND PLENTY

JUNE 16, 2025 | OMNIVORE

## HOORAY, IT'S MONDAY!

Get excited for a week of summer flavors! We're packing your kits with: savory beef bulgogi in crisp lettuce wraps, with fresh herbs and radishes, kimchi aioli and Korean-style potato salad to eat alongside; a roasted carrot, feta and barley salad with loads of fresh spinach, pepitas and cranberries in a spiced tahini dressing (perfect for picnics!); and our classic, comfort-food fave, loaded vegetable and bacon mac and cheese. Have a great one, friends!



### beef bulgogi lettuce wraps with Korean potato salad



### roasted carrot, feta and barley salad with spiced tahini dressing



### loaded bacon mac and cheese with roasted asparagus, peppers, broccoli and cauliflower



### PRODUCER SPOTLIGHT

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

#### Bandung

Ortega's Garden

Driftless Organics

Green Barn Farms

Flyte Family Farm

Tipi Organics

Crossroads Community Farm

Saffi Saana

Hook's Cheese

Kindred Creamery

Sartori Cheese

#### EXTRA GOODNESS

### sunbutter granola bar

Instructions: Keep refrigerated and enjoy within a week!

Ingredients: Rolled oats, pepitas, maple syrup, sunbutter, raisins, dates, black sesame seeds, salt.

Contains: Sesame

#### 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

## beef bulgogi lettuce wraps with Korean potato salad

PREP &  
COOK TIME

45  
MINUTES

IN YOUR BAG

Steak

Bulgogi  
Marinade

Vegetable Bag

Kimchi Aioli

Korean-style  
Potato Salad

PAIR WITH

the fresh and  
fruity El Jefe  
Tempranillo  
or  
the hoppy Pulp  
Culture IPA  
from Working  
Draft Brewing  
Co.

- 1 Use a sharp knife to slice the steak into very thin strips, cutting across the grain. Pro tip: if your steak is still partially frozen, it will be easier to cut thinly! Add the steak slices to the marinade (in a ziploc bag or a shallow dish) and mix everything together until evenly coated. Let sit at room temperature while you prep the vegetables or, prep the steak in the morning and let it sit in the refrigerator until that evening. Flip the steak around in the marinade occasionally.
- 2 Prep your veg! Start by removing any damaged or discolored outer leaves from your head lettuce. Then, remove the core and separate the leaves before washing and drying them thoroughly. Wash, dry and trim the radishes before thinly slicing them. Place the lettuce leaves in a large basket or platter; and the sliced radishes in a small dish alongside.
- 3 Heat a large, heavy skillet over high heat. Add all the meat and marinade to the pan. Cook, stirring constantly, until most (but not all) of the liquid has evaporated and the meat begins to brown around the edges. Serve immediately, directly from the skillet (this will keep the meat hot).
- 4 To build your lettuce wraps, lay a lettuce leaf open on your palm. Add a few pieces of bulgogi beef and a few slices of radishes on top, then dab with kimchi aioli. Fold or wrap the lettuce, making a bundle that you can hold in one hand. Make one at a time, or a lot, serving the potato salad alongside. Make sure to eat the lettuce wraps in one or two big bites, to get a little bit of everything in each mouthful! Enjoy!

**Bulgogi Marinade:** Soy sauce, rice wine vinegar, asian pear, brown sugar, gochujang, onion, ginger, garlic, green onion, sesame oil, salt, pepper **Vegetable Bag:** Lettuce, radish **Kimchi Aioli:** Soybean oil, cabbage, garlic, apple, mustard green, water, egg, distilled vinegar, egg yolk, green onion, korean red pepper, ginger, salt, sugar, lemon **Couscous:** Durum wheat semolina **Korean-style Potato Salad:** Russet potato, carrot, apple, cucumber, mayonnaise (soybean oil, water, egg, distilled vinegar, salt, sugar, lemon), rice wine vinegar, salt, pepper, sugar **Steak**

*Contains: Soy, alcohol, sesame, wheat, egg, beef*

② READY-TO-EAT

## roasted carrot, feta and barley salad

The barley salad can be served warm or cold! If you'd like to serve it warm, heat a frying pan over medium-low heat. Once hot, add a splash of olive oil. Add the barley salad and cook until steaming, stirring occasionally. If needed, add up to 1/4 cup of water.

In a serving bowl, combine the barley salad with the spinach. Add a splash of olive oil and season with a bit of salt and pepper. Plate the salad, drizzle with the spiced tahini dressing and sprinkle with feta, pepitas and dried cranberries. Enjoy!

Alternatively, if you'd like to take the salad on a picnic, feel free to toss everything together in a serving bowl in advance. It will travel nicely to wherever you're adventuring to!

**Barley Salad:** Barley, carrot, parsley, olive oil, lemon, salt **Tahini Dressing:** Tahini, lemon juice, garlic, olive oil, cumin, turmeric, ginger, cinnamon, ground black pepper, coriander, cayenne, allspice, nutmeg, clove, salt **Salad Toppings:** Feta (milk, bacterial culture, calcium chloride, enzyme, lipase), pepitas, dried cranberries **Spinach**

*Contains: Sesame, milk*

③ FARM-TO-FREEZER

## loaded bacon mac and cheese with roasted asparagus, peppers, broccoli and cauliflower

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](http://pastureandplenty.com)

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