

PASTURE AND PLENTY

AUGUST 10, 2026 | OMNIVORE

HOORAY, IT'S MONDAY!

Get excited for a week of fun flavors, y'all! Look for: a summery cook kit with grilled flank steak served with grilled dragon tongue beans, cherry tomatoes and onions tossed into quick-cooking couscous and topped with harissa; a creamy sweet corn and roasted poblano chowder with Madison Sourdough miche and a house-made roasted tomato compound butter; and then smothered carnitas burritos with salsa verde! And, who doesn't love cornbread?



grilled vegetable couscous with flank steak and harissa



poblano corn chowder with miche and tomato compound butter



smothered carnitas burritos with salsa verde



PRODUCER SPOTLIGHT

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

Winterfell Acres

Madison Sourdough Co.

Alsum Sweet Corn

Vitruvian Farms

Crossroads Community Farm

Happy Valley Farms

Green Barn Farms

Flyte Family Farm

EXTRA GOODNESS

cornbread

Instructions: Store in the refrigerator and eat within 5 days. Best enjoyed briefly warmed up in a microwave or toaster oven.

Ingredients: Sour cream, milk, cornmeal, butter, ap flour, egg, corn, sugar, baking powder, salt, baking soda.

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

grilled vegetable couscous with flank steak and harissa

PREP &
COOK TIME

45
MINUTES

IN YOUR BAG

Flank Steak

Couscous

Harissa Sauce

Vegetable Bag

PAIR WITH

the rich and
flinty Iconic
Sidekick Char-
donnay

or

the drinkable
Up North Wis-
consin Lager
from One
Barrel Brewing
Company

GRILLING INSTRUCTIONS

- 1 Preheat your grill for medium-high heat.
- 2 Trim the ends of your green beans; trim, peel and cut your onions into quarters or eighths (depending on size); and cut tomatoes (if larger) into half or quarters. Toss all the chopped veg in a bowl with olive oil, salt and pepper. Coat your flank steak with a thin layer of olive oil and season with salt and pepper.
- 3 While the grill is still heating, prepare the couscous! Place the couscous into a large heatproof serving bowl, add a splash of olive oil and a pinch of salt. Stir to coat the grains. Bring a pot of water to boiling and pour water over the couscous; meal kits for 1 will need 1/2 cup of water; meal kits for 2 will need 1 cup of water; meal kits for 4 will need 2 cups of water. Immediately after adding the water, cover the bowl and let stand for 10 minutes. After 10 minutes, fluff the couscous with a fork to separate the grains. Cover again to keep warm.
- 4 Carefully place your veg 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 well-caramelized and slightly softened. Remove from grill and place back in your bowl. Taste for seasoning and add salt and pepper, if needed. Add the warm couscous to the bowl, then mix into warm, grilled vegetables.
- 5 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 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.
- 6 Portion couscous salad onto plates, top with grilled steak. Spoon harissa sauce (taste for spiciness first) over the top and enjoy!

ALTERNATE INSTRUCTIONS

Follow instructions above, but instead of using a grill, preheat oven to 425°F. Toss veg onto a sheet pan and roast for 15 to 20 minutes, stirring halfway through. Veg should be charred and slightly softened. Meanwhile, heat a small amount of olive oil or butter in a skillet over medium-high heat. Place steaks in skillet and cook, turning occasionally, until internal temperature (measured with an instant thermometer) reads 130°F, or to desired doneness.*

Couscous: Durum wheat semolina **Harissa Sauce:** Tomato, roasted red pepper, guajillo chile, pasilla, chile, ancho chile, new mexico chile, garlic, tomato paste, red wine vinegar, brown sugar, salt, cumin, coriander **Vegetable Bag:** Dragon tongue beans, tomato, red onion **Flank Steak** **Contains:** Wheat, beef

Keep the contents of your meal kit bag refrigerated unless otherwise specified.

② READY-TO-EAT

poblano corn chowder with miche and tomato compound butter

In a saucepan, warm soup over medium heat until hot, stirring occasionally, about 6 minutes. Alternatively, heat in microwave on medium high, stirring occasionally, about 4 minutes.

Toast the miche and slather with compound butter. Ladle soup into individual bowls, serve toast alongside, and dig in!

Poblano Corn Chowder: Vegetable stock (water, onion, carrot, celery, bay leaf), yukon gold potato, sweet corn, onion, poblano pepper, leek, white wine, heavy cream, parsley, scallion, lime, garlic, salt, butter, coriander, sweet smoked paprika, pepper, olive oil **MSCo Miche:** Flour, water, salt **Compound Butter:** Tomato, butter, shallot, sugar, white wine, thyme, salt

Contains: Milk, wheat, alcohol

③ FARM-TO-FREEZER

smothered carnitas burritos with salsa verde

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** 9am-7pm
SAT 9am-2pm