



In your box

- 12 oz. Brussels Sprouts
- ½ oz. Grated Parmesan
- .6 oz. Butter
- ⅔ oz. Balsamic Glaze
- 1 tsp. Onion Salt
- 1 Puff Pastry Dough Square
- 3 Thyme Sprigs
- 2 Garlic Cloves
- .42 oz. Mayonnaise

Customize It Options

- 12 oz. Sirloin Steaks
- 12 oz. Filets Mignon
- 16 oz. USDA Choice Boneless Ribeye Steak (Serves 2)
- 14 oz. USDA Choice New York Strip Steak (Serves 2)

*Contains: milk, eggs, wheat

You will need

Olive Oil, Salt, Cooking Spray
Baking Sheet, Medium Non-Stick Pan, Mixing Bowl, Small Non-Stick Pan



Culinary Collection

Steak and Garlic Thyme Butter

with balsamic Brussels sprouts and Parmesan twists

NUTRITION per serving—Calories: 706, Carbohydrates: 25g, Fat: 48g, Protein: 44g, Sodium: 1459mg.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

40-50 min.

Cook Within

6 days

Difficulty Level

Intermediate

Spice Level

Not Spicy

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **400 degrees**
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **onion salt**
- Refrigerate **puff pastry** until ready to use

Customize It Instructions

- If using **NY Strip Steak**, follow same instructions as sirloin steaks in Steps 1 and 4, cooking until steak reaches a minimum internal temperature of 145 degrees, 9-11 minutes per side. Halve to serve.
- If using **ribeye**, follow same instructions as sirloin steaks in Steps 1 and 4, cooking until steak reaches a minimum internal temperature of 145 degrees, 4-6 minutes per side. Halve to serve.
- If using **filets mignon**, follow same instructions as sirloin steaks in Steps 1 and 4, cooking until filets reach minimum internal temperature of 145 degrees, 5-8 minutes per side.

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



1

Prepare the Ingredients

- Trim stems off **Brussels sprouts** and halve vertically (quarter if larger than a ping-pong ball).
- Halve **thyme sprigs**.
- Thinly slice **garlic**.
- Remove **puff pastry** from refrigerator. Remove any paper from puff pastry. Cut lengthwise into four evenly-sized pieces. Refrigerate until ready to use.
- Pat **steaks** dry, and season both sides with half the **onion salt** (reserve remaining for Brussels sprouts).



2

Start the Brussels Sprouts

- Place **Brussels sprouts** on prepared baking sheet and toss with 1 tsp. **olive oil** and remaining **onion salt**. Massage oil and seasoning into Brussels sprouts.
- Spread into a single layer, cut side down, on one side of baking sheet. Roast in hot oven, 9 minutes.
- Remove from oven. *Brussels sprouts will finish cooking in a later step.*
- While Brussels sprouts roast, prepare Parmesan twists.



3

Bake Parmesan Twists and Finish Brussels Sprouts

- Combine **mayonnaise** and 2 tsp. **water** in a mixing bowl. Remove **puff pastry strips** from refrigerator.
- On a clean work surface, brush or gently spoon mayonnaise mixture on one side of pastry strips, covering entire strip. Gently press on half the **Parmesan** (reserve remaining for second side). Flip pastry strips and repeat entire process on second side, finishing with a pinch of **salt**.
- Holding both ends, gently twist a pastry strip twice, making two loops. Place twist on empty half of baking sheet, pressing ends down gently to keep in place. Repeat with remaining strips.
- Bake until twists are golden brown and **Brussels sprouts** are browned, 10-12 minutes.
- While twists and Brussels sprouts bake, cook steaks.



4

Cook the Steaks

- Place a medium non-stick pan over medium heat and add 1 tsp. **olive oil**.
- Add **steaks** to hot pan and cook until browned and steaks reach a minimum internal temperature of 145 degrees, 5-7 minutes per side.
- Remove from burner. Rest steaks, at least 3 minutes.
- While steaks rest, make butter.



5

Make Butter and Finish Dish

- Place a small non-stick pan over medium-low heat. Add **butter** and 1 tsp. **olive oil** to hot pan and let melt, 1-2 minutes.
- Add **garlic** and **thyme sprigs**. Stir often until garlic is softened, 1-2 minutes. *If garlic begins to brown, remove from heat immediately.*
- Remove from burner. Carefully remove thyme sprigs and reserve.
- Plate dish as pictured on front of card, topping **steak** with garlic butter and drizzling **Brussels sprouts** with **balsamic glaze**. Serve with thyme sprigs for decoration, if desired. Bon appétit!