



In your box

- 1 Shallot
- ½ oz. Dijon Mustard
- 2 Zucchini
- 6 oz. Gemelli Pasta
- ½ oz. Grated Parmesan
- 2 tsp. Chicken Base
- 2 Tbsp. Italian Panko Blend
- 4 oz. Light Cream

Customize It Options

- 12 oz. Sirloin Steaks
- 13 oz. Boneless Skinless Chicken Breasts
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Salmon Fillets

*Contains: milk, wheat

You will need

- Olive Oil, Salt, Pepper, Cooking Spray
- Colander, Medium Non-Stick Pan, Baking Sheet, Medium Pot, Large Non-Stick Pan



Staff Pick

Dijon Crusted Steak

with creamy zucchini gemelli

NUTRITION per serving—Calories: 971, Carbohydrates: 80g, Fat: 47g, Protein: 52g, Sodium: 1409mg.
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 the broiler
- Bring 8 cups **water** and 2 tsp. **salt** to a boil in a medium pot
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **Parmesan**

Customize It Instructions

- If using **chicken breasts**, follow same instructions as steak in Step 3, searing until browned, 4-5 minutes on one side. Follow same instructions for topping, roast until chicken reaches minimum internal temperature, 8-10 minutes.
- If using **salmon**, pat dry and season flesh side with ¼ tsp. **salt** and a pinch of **pepper**. Follow same instructions as steak in Step 3, searing flesh side until golden brown, 2-4 minutes. Follow same instructions for topping, then roast until salmon reaches minimum internal temperature, 7-10 minutes.

Minimum Internal Temperature

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



1

Cook the Pasta

- Once water is boiling, add **pasta** and cook until al dente, 12-13 minutes.
- Drain pasta in a colander. Set aside.



2

Prepare the Ingredients

- Trim **zucchini** ends and cut into ¼" slices on an angle.
- Peel and halve **shallot**. Slice thinly.
- Pat **steaks** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



3

Cook the Steaks

- Place a medium non-stick pan over medium-high heat. Add 2 tsp. **olive oil** and **steaks** to hot pan. Cook until browned and steaks reach a minimum internal temperature of 145 degrees, 5-7 minutes per side.
- Transfer steaks to prepared baking sheet. Spread on **mustard** and top evenly with **panko**. Drizzle with 1 tsp. olive oil.
- Place baking sheet under hot broiler until crust is golden brown, 1-2 minutes. *Keep an eye on oven as crust may burn easily under broiler.*
- Carefully remove from oven; baking sheet will be hot. Rest steaks at least 3 minutes.
- While steaks roast, make sauce.



4

Make the Sauce

- Place a large non-stick pan over medium-high heat with 2 tsp. **olive oil**. Add **shallot**, **zucchini**, and a pinch of **salt** to hot pan. Stir occasionally until lightly browned and starting to soften, 4-5 minutes.
- Add **chicken base** and **cream** to pan. Bring to a simmer. Once simmering, stir occasionally until thickened slightly, 2-3 minutes.



5

Finish Pasta and Finish Dish

- Stir **Parmesan** and **pasta** into sauce until combined and warmed through, 1-2 minutes.
- Remove from burner. Taste, and add a pinch of **salt** and **pepper**, if desired.
- Plate dish as pictured on front of card. Bon appétit!