



In your box

18 oz. Sweet Potato
½ tsp. Seasoned Salt Blend
1 oz. Crumbled Bacon
½ oz. Blue Cheese
1 oz. Roasted Garlic & Herb Butter
5 oz. Asparagus

Customize It Options

12 oz. Sirloin Steaks
14 oz. USDA Choice New York Strip
Steak (Serves 2)
13 oz. Boneless Skinless Chicken
Breasts
12 oz. Salmon Fillets

*Contains: milk

You will need

Olive Oil, Salt, Pepper, Cooking Spray
Colander, 2 Medium Non-Stick Pans,
Medium Pot, 2 Mixing Bowls



Steak and Bacon Blue Cheese Butter

with mashed sweet potatoes and asparagus

NUTRITION per serving—Calories: 836, Carbohydrates: 55g, Fat: 48g, Protein: 48g, Sodium: 1723mg.

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

35-45 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
- Set **butter** on counter to soften

Customize It Instructions

- If using **chicken breasts**, follow same instructions as steaks in Steps 3 and 4, cooking until chicken reaches minimum internal temperature, 5-7 minutes per side.
- If using **salmon filets**, pat dry and season flesh side with ¼ tsp. **salt** and a pinch of **pepper**. Follow same instructions as steaks in Step 4, cooking skin side up first until salmon reaches minimum internal temperature, 4-6 minutes per side.
- If using **NY strip steak**, follow same instructions as steaks in Steps 3 and 4, cooking until NY strip steak reaches a minimum internal temperature of 145 degrees, 7-10 minutes per side.

Minimum Internal Temperature

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



1

Make the Sweet Potatoes

- Peel and cut **sweet potato** into ½" dice.
- Bring a medium pot with diced sweet potato covered by **water** and 2 tsp. **salt** to a boil. Cook until fork-tender, 20-25 minutes.
- Reserve ¼ cup **potato cooking water**. Drain sweet potato in a colander and transfer to a mixing bowl.
- Add **seasoned salt**, 2 tsp. **olive oil**, and half the potato cooking water to mixing bowl. Mash until smooth. *If too thick, add remaining potato cooking water, 1 Tbsp. at a time, until desired consistency is reached.* Cover with foil and set aside.
- While sweet potato boils, crisp bacon.



2

Crisp the Bacon

- Line a plate with a paper towel.
- Place a medium non-stick pan over medium heat. Add **bacon** to hot pan and stir constantly until crispy, 4-5 minutes.
- Transfer bacon to towel-lined plate and let cool, 5 minutes.
- Wipe pan clean and reserve.



3

Prepare Ingredients and Make Butter

- Trim woody ends off **asparagus** and cut into 2" lengths.
- Combine softened **butter**, **blue cheese**, and cooled **bacon** in a mixing bowl. Set aside.
- Pat **steaks** dry, and season both sides with a pinch of **salt** and **pepper**.



4

Cook the Steaks

- Return pan used to crisp bacon to medium heat and add 2 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 cook, cook asparagus.



5

Cook Asparagus and Finish Dish

- Place another medium non-stick pan over medium heat and add 1 tsp. **olive oil**.
- Add **asparagus**, ¼ tsp. **salt**, and a pinch of **pepper** to hot pan. Stir occasionally until lightly charred and tender, but still crisp, 5-6 minutes.
- Remove from burner.
- Plate dish as pictured on front of card, placing **blue cheese-bacon butter** on **steaks**. Bon appétit!