



In your box

1 oz. Shredded Parmesan Cheese
½ oz. Crispy Fried Onions
1 oz. Goat Cheese
12 oz. Asparagus
1 tsp. Garlic Salt

Customize It Options

12 oz. Sirloin Steaks
12 oz. Filets Mignon
13 oz. Boneless Skinless Chicken Breasts

*Contains: milk, wheat

You will need

Olive Oil, Pepper, Cooking Spray



Grill-Ready

Goat Cheese and Crispy Onion-Crusted Steak

with grilled Parmesan asparagus

NUTRITION per serving—Calories: 524, Carbohydrates: 10g, Fat: 34g, Protein: 45g, Sodium: 1303mg.

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

15-20 min.

Cook Within

5 days

Difficulty Level

Easy

Spice Level

Not Spicy



1

Prepare the Ingredients

- Spray grill with **cooking spray** and heat grill to medium. Thoroughly rinse any fresh produce and pat dry.
- Snap woody ends off **asparagus**. Drizzle with 2 tsp. **olive oil** and season with half the **garlic salt** and a pinch of **pepper**.
- Pat **steaks** dry, and season both sides with remaining garlic salt and a pinch of pepper.
- *If using **chicken breasts** or **filets mignon**, follow same instructions.*



3

Finish the Dish

- Plate dish as pictured on front of card, topping **steaks** with **crispy onions** and garnishing **asparagus** with **Parmesan**. Bon appétit!



2

Grill the Meal

- Place **steaks** on hot grill and cook undisturbed until browned on one side, 5-7 minutes.
- While steaks cook, place **asparagus** on hot grill and turn occasionally until asparagus is tender, 8-10 minutes.
- Flip steaks, and top with **goat cheese**. Cook until steaks reach a minimum internal temperature of 145 degrees, 5-7 minutes.
- Transfer steaks to a plate and rest, at least 5 minutes.
- *If using **filets mignon**, follow same instructions. If using **chicken breasts**, follow same instructions, cooking until chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side.*

For a Rainy Day...

- If cooking indoors, preheat oven to 400 degrees. Prepare a baking sheet with foil and cooking spray. Thoroughly rinse fresh produce and pat dry. Trim woody ends off **asparagus**. Pat **steaks** dry, and season both sides with half the **garlic salt** (reserve remaining for asparagus) and a pinch of **pepper**. Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**. Add steaks to hot pan and cook undisturbed until browned on one side, 5-7 minutes. Flip, and top with **goat cheese**. Cook until steaks reach a minimum internal temperature of 145 degrees, 5-7 minutes. Transfer to a plate and let rest, 5 minutes. While steaks cook, place asparagus on prepared baking sheet and toss with 2 tsp. olive oil, remaining garlic salt, and a pinch of pepper. Massage oil and seasoning into asparagus. Spread into a single layer and roast in hot oven until tender, 10-12 minutes. Follow same plating instructions.