



### In your box

- 4 oz. Sliced Cremini Mushrooms
- 6 tsp. Beef Demi-Glace
- 8 oz. Broccoli Florets
- 4 Saltine Crackers
- ½ oz. Flour
- 2 Tbsp. Worcestershire Sauce
- 2 oz. Shredded Cheddar-Jack Cheese

### Customize It Options

- 10 oz. Ground Beef
- 12 oz. Impossible Burger
- 10 oz. Ground Pork

\*Contains: milk, wheat, soy

### You will need

- Olive Oil, Salt, Pepper
- Mixing Bowl

### Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

Oven-Ready



# Mushroom-Smothered Salisbury Steak

with cheddar-jack broccoli

NUTRITION per serving—Calories: 587, Carbohydrates: 29g, Sugar: 6g, Fiber: 3g, Protein: 42g, Sodium: 1291mg, Fat: 35g, Saturated Fat: 15g  
 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

**30-40 min.**

Cook Within

**5 days**

Difficulty Level

**Easy**

Spice Level

**Not Spicy**

## Before you cook

All cook times are approximate based on testing.

### Customize It Instructions

- If using **Impossible burger**, follow same instructions as ground beef in Steps 2 and 3, baking uncovered until heated through, 25-28 minutes.
- If using **ground pork**, follow same instructions as ground beef in Steps 2 and 3, baking uncovered until ground pork reaches minimum internal temperature, 25-28 minutes.



### 1. Prepare the Ingredients

- Preheat oven to 400 degrees. Thoroughly rinse any fresh produce and pat dry.
- Combine **broccoli**, 1 tsp. **olive oil**, and a pinch of **pepper** in provided tray. Season with ¼ tsp. **salt**, if desired. Push to one side and top with **cheese**.



### 2. Add the Mushrooms and "Steak" Patties

- Place half the **flour** (remaining is yours to use as you please!) in empty side of tray. Add **mushrooms** and top with **demi-glace** and half the **Worcestershire sauce** (reserve remaining for patties).
- Finely crush **saltines**.
- In a mixing bowl, combine **ground beef**, saltines, remaining Worcestershire sauce, and ¼ tsp. **salt**. Form into two equally-sized patties. Place patties on mushrooms.



### 3. Bake the Meal

- Bake uncovered in hot oven until **patties** reach a minimum internal temperature of 160 degrees, 25-28 minutes.
- Carefully remove tray from oven. Remove patties from tray and stir **mushrooms**. Top patties with mushrooms. Bon appétit!