



### In your box

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

### Customize It Options

- 12 oz. Sirloin Steaks
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 13 oz. Boneless Skinless Chicken Breasts
- 28 oz. Double Portion–USDA Choice New York Strip Steak (2 Steaks)
- 14 oz. USDA Choice New York Strip Steak (1 Steak, Serves 2)

\*Contains: milk, eggs, wheat

### You will need

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

### Minimum Internal Protein Temperature

<b>145°</b>	Steak	Pork	Lamb	Seafood
<b>160°</b>	Ground Beef		Ground Pork	
<b>165°</b>	Chicken		Ground Turkey	

Culinary Collection



## Steak and Garlic Thyme Butter

with balsamic Brussels sprouts and Parmesan twists

NUTRITION per serving—Calories: 708, Carbohydrates: 25g, Sugar: 6g, Fiber: 6g, Protein: 44g, Sodium: 1415mg, Fat: 48g, Saturated Fat: 17g  
 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

All cook times are approximate based on testing.

- 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



### 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 again.
- 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, 15 minutes.
- Remove from oven. *Brussels sprouts will finish cooking in a later step.*
- While Brussels sprouts roast, prepare Parmesan twists.

### Customize It Instructions

- If using **14 oz. or 28 oz. NY strip steak**, follow same instructions as sirloin steaks in Steps 1 and 4, working in batches if necessary, and cooking until steak reaches minimum internal temperature, 9-11 minutes per side. Rest, 3 minutes. Halve to serve.
- If using **chicken breasts**, follow same instructions as sirloin in Steps 1 and 4, cooking until chicken reaches minimum internal temperature, 5-7 minutes per side.



### 3. Bake Parmesan Twists and Finish Brussels Sprouts

- Combine **mayonnaise** and 2 tsp. **water** in a mixing bowl.
- Remove **puff pastry strips** from refrigerator. Brush or gently spoon mayonnaise mixture on pasty strips, covering one side completely. Gently press on half the **Parmesan**. Flip, and repeating adding mayonnaise mixture and Parmesan to second side. Top with a pinch of **salt**.
- Gently twist each strip twice, resulting in 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, 4-6 minutes per side.
- Remove from burner. Rest steaks, at least 3 minutes.
- While steaks rest, make garlic thyme butter.



### 5. Make Garlic Thyme 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 thyme butter and drizzling **Brussels sprouts** with **balsamic glaze**. Serve with reserved thyme sprigs for decoration, if desired. Bon appétit!