



In your box

- 1 oz. Goat Cheese
- 2 Russet Potatoes
- 8 oz. Carrot
- ½ oz. Walnut Halves
- 1 ½ tsp. Pot Roast Seasoning
- 4 tsp. Beef Flavor Demi-Glace Concentrate
- 1 Shallot
- .3 oz. Butter
- 1 oz. Light Cream Cheese

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, tree nuts (walnuts)

You will need

Olive Oil, Salt, Pepper, Cooking Spray
Baking Sheet, 2 Mixing Bowls,
Medium Non-Stick Pan

Minimum Internal Protein Temperature

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

Classic Meal Kit



Goat Cheese and Walnut Crusted Steak with Shallot Demi Sauce

with roasted carrots and pot roast oven fries

NUTRITION per serving—Calories: 822, Carbohydrates: 54g, Sugar: 10g, Fiber: 6g, Protein: 47g, Sodium: 1488mg, Fat: 47g, Saturated Fat: 16g
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**
- Set **goat cheese** and **cream cheese** on counter to soften
- Prepare a baking sheet with foil and cooking spray
- Upon delivery, remove **potatoes** from meal bag and store at room temperature



1. Start the Fries

- Cut **potatoes** into ½" fries and pat dry.
- Place potatoes on prepared baking sheet and toss with 1 Tbsp. **olive oil**, **seasoning blend**, ¼ tsp. **salt**, and a pinch of **pepper**.
- Spread into a single layer on one side and bake in hot oven, 15 minutes.
- While potatoes bake, prepare ingredients.



2. Prepare the Ingredients

- Peel and mince **shallot**.
- Coarsely chop **walnuts**.
- Peel, trim, and cut **carrot** on an angle into ¼" slices.
- In a mixing bowl, combine **cream cheese** and **goat cheese**. Set aside.
- Pat **steaks** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.

Customize It Instructions

- If using **14 oz. or 28 oz. NY strip steak**, follow same instructions as sirloin in Steps 2 and 4, working in batches if necessary and cooking until steak reaches a minimum internal temperature, 9-11 minutes per side (topping with **goat cheese** for final 2-3 minutes). Rest, 3 minutes. Halve to serve.
- If using **chicken breasts**, follow same instructions as sirloin in Steps 2 and 4, cooking until chicken reaches minimum internal temperature, 5-7 minutes per side (topping with **goat cheese** for final 2-3 minutes).



3. Roast Carrot and Finish Fries

- In another mixing bowl, combine **carrot**, 1 tsp. **olive oil**, and a pinch of **salt** and **pepper**.
- Carefully remove baking sheet from oven. Gently flip **fries**. *Baking sheet will be hot! Use a utensil.*
- Add carrot to empty half of baking sheet and spread into a single layer. Roast again in hot oven until fries are golden brown and carrot is tender, 15-17 minutes.
- While fries and carrot roast, cook steaks.



4. Cook the Steaks

- Place a medium non-stick pan over medium-high heat and add 1 tsp. **olive oil**. Add **steaks** to hot pan and sear undisturbed until browned on one side, 5-7 minutes.
- Flip, and top evenly with **goat cheese mixture**. Cook undisturbed, 3 minutes.
- Cover, and cook until cheese is melted and steaks reach a minimum internal temperature of 145 degrees, 2-4 minutes.
- Transfer steaks to a plate and rest, 5 minutes. Reserve pan; no need to wipe clean.
- While steaks rest, make sauce.



5. Make Shallot-Demi Sauce and Finish Dish

- Return pan used to cook steaks to medium heat and add 1 tsp. **olive oil**. Add **shallot** and stir constantly until softened, 1-2 minutes.
- Add **demi-glace** and 2 Tbsp. **water**. Bring to a simmer, stirring occasionally. Once simmering, remove from burner and stir in **butter**.
- Plate dish as pictured on front of card, placing **steaks** on shallot-demi sauce and garnishing steaks with **walnuts**. Bon appétit!