



In your box

- 1 oz. Grated Parmesan
- 4 Garlic Cloves
- .125 oz. Oregano
- 1 Ciabatta
- 5 oz. Corn Kernels
- 1 oz. Sour Cream
- 2 oz. Baby Spinach

Customize It Options

- 12 oz. Ranch Steaks
- 12 oz. Filets Mignon
- 10 oz. Ahi Tuna Steaks
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts

*Contains: milk, wheat

You will need

Olive Oil, Salt, Pepper, Cooking Spray
Baking Sheet, Mixing Bowl,
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



Steak with Tuscan Corn Sauté and Parmesan-oregano sauce

NUTRITION per serving—Calories: 634, Carbohydrates: 37g, Sugar: 3g, Fiber: 3g, Protein: 47g, Sodium: 1328mg, Fat: 36g, Saturated Fat: 10g
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

25-35 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: **Parmesan, garlic**

Customize It Instructions

- If using **filets mignon**, follow same instructions as steak in Steps 1 and 3, searing until browned, 2-3 minutes per side, then roasting until filets reach minimum internal temperature, 7-9 minutes. Rest, 3 minutes. Remove ciabatta from oven after 6 minutes.
- If using **chicken breasts**, follow same instructions as steak in Steps 1 and 3, searing until browned, 2-3 minutes per side, then roasting until chicken reaches minimum internal temperature, 10-12 minutes. Remove ciabatta from oven after 6 minutes.
- If using **tuna**, follow same instructions as steak in Step 1. In Step 3, cook tuna in hot pan over medium-high heat with 2 tsp. **olive oil** until it reaches minimum internal temperature, 4-5 minutes per side. *Tuna is often enjoyed medium-rare (pink in the middle). For medium-rare, cook 1-2 minutes per side. Consuming raw or undercooked tuna may increase your risk for food-borne illness.*



1. Prepare the Ingredients

- Stem and coarsely chop **oregano**.
- Halve **ciabatta**.
- Mince **garlic**.
- Pat **steaks** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



2. Make Sauce and Prepare Ciabatta

- In a mixing bowl, combine **sour cream**, 1 Tbsp. **Parmesan** (reserve remaining for corn sauté), **oregano**, 1 tsp. **olive oil**, 1 tsp. **water**, and a pinch of **salt** and **pepper**. Set aside.
- Place **ciabatta halves** on one side of prepared baking sheet, cut side up. Top evenly with half the **garlic** (reserve remaining for corn sauté) and 2 tsp. olive oil.



3. Cook the Steaks

- Place a medium non-stick pan over medium-high heat. Add 2 tsp. **olive oil** and **steaks** to hot pan. Sear until browned, 2-3 minutes per side.
- Transfer steaks to empty half of baking sheet. Wipe pan clean and reserve.
- Bake in hot oven until steaks reach a minimum internal temperature of 145 degrees and **ciabatta** is lightly browned, 5-7 minutes.
- Remove steaks to a plate and rest, 3 minutes.
- While steaks roast, make corn sauté.



4. Make the Corn Sauté

- Return pan used to sear steaks to medium heat and add 1 tsp. **olive oil**. Add **corn** to hot pan and stir occasionally until corn is lightly browned, 2-3 minutes.
- Add remaining **garlic** and **spinach**. Stir occasionally until spinach is wilted, 1-2 minutes.
- Remove from burner and stir in ¼ tsp. **salt** and a pinch of **pepper**.



5. Finish the Dish

- Plate dish as pictured on front of card, garnishing **steak** with **sauce** and **corn sauté** with remaining **Parmesan**. Bon appétit!