



In your box

- ½ tsp. Garlic Salt
- 8 ½ oz. Cooked Brown Rice, Farro, Rye, & Barley Blend
- 1 oz. Sour Cream
- 5 oz. Peas
- 2 tsp. Beef Flavor Demi-Glace Concentrate
- ½ oz. Grated Parmesan
- 4 fl. oz. Cream Sauce Base
- 2 tsp. Mushroom Seasoning

Customize It Options

- 10 oz. Steak Strips
- 12 oz. Diced Boneless Skinless Chicken Breasts
- 10 oz. Sliced Pork

*Contains: milk, wheat

You will need

Salt, Pepper

Minimum Internal Protein Temperature

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

Oven-Ready



Garlic Steak Ancient Grain Risotto

with peas and Parmesan

NUTRITION per serving—Calories: 708, Carbohydrates: 57g, Sugar: 7g, Fiber: 5g, Protein: 41g, Sodium: 1641mg, Fat: 36g, 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

25-35 min.

Cook Within

6 days

Difficulty Level

Easy

Spice Level

Not Spicy

Before you cook

All cook times are approximate based on testing.



Customize It Instructions

- If using **diced chicken**, pat dry and season with half the **garlic salt** and a pinch of **pepper**. Follow same instructions as steak strips in Steps 2 and 3, baking uncovered in hot oven until chicken reaches minimum internal temperature, 20-25 minutes.
- If using **sliced pork**, follow same instructions as steak strips in Steps 2 and 3, baking uncovered in hot oven until pork reaches minimum internal temperature, 18-20 minutes. Rest, 3 minutes.

1. Prepare the Ingredients

- Preheat oven to 425 degrees. Thoroughly rinse any fresh produce and pat dry.
- Carefully massage **grains** in bag to break up any clumps. Tear a small slit in an upper corner of bag to vent. Place upright in microwave and heat, 45 seconds. Remove grains from packaging.
- Combine grains, **mushroom seasoning**, half the **garlic salt** (reserve remaining for steak strips), **peas**, **cream base**, and **demi-glace** in provided tray.

2. Add the Steak Strips

- Separate **steak strips** into a single layer and pat dry. Season all over with remaining **garlic salt** and a pinch of **salt** and **pepper**.
- Top **grain mixture** evenly with steak strips.



3. Bake the Dish

- Bake uncovered in hot oven until no pink remains on **steak strips** and steak strips reach a minimum internal temperature of 145 degrees, 18-20 minutes.
- Carefully remove tray from oven. Rest, 5 minutes, then stir in **sour cream** and a pinch of **salt**. Top with **Parmesan**. Bon appétit!