



In your box

- 16 oz. USDA Choice New York Strip Steak
- 8 oz. Shrimp
- 4 Garlic Cloves
- ½ oz. Shredded Parmesan Cheese
- ¼ oz. Flour
- 1.2 oz. Butter
- 12 oz. Asparagus
- 1 oz. White Cooking Wine
- 1 tsp. Herbes de Provence
- 1 tsp. Garlic Pepper
- 12 oz. Yukon Potatoes
- 1 Lemon
- ½ oz. Parsley

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.

You will need

Olive Oil, Salt, Pepper, Cooking Spray

Baking Sheet, 2 Mixing Bowls, 2 Large Non-Stick Pans

Minimum Internal Protein Temperature

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

Rest steak or pork after cooking, 3 minutes.

Culinary Collection



NY Strip Steak with Roasted Garlic Herb Butter and Shrimp

with roasted parsley potatoes and Parmesan asparagus

NUTRITION per serving—Calories: 970, Carbohydrates: 46g, Sugar: 6g, Fiber: 8g, Protein: 78g, Sodium: 2040mg, Fat: 52g, Saturated Fat: 18g
 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

45-55 min.

Cook Within

3 days

Difficulty Level

Expert

Spice Level

Not Spicy

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Turn oven on to **425 degrees**. Let preheat, at least 10 minutes
- Set **butter** on counter to soften
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **garlic, parsley, butter**



1. Start the Potatoes and Garlic

- Cut **potatoes** into 1" dice.
- Place potatoes on prepared baking sheet. Toss with 2 tsp. **olive oil**, **garlic pepper**, and ¼ tsp. **salt**. Spread into a single layer, leaving space for garlic pouch.
- Place two **garlic cloves** (reserve remaining for sauce) on a piece of foil and top with 1 tsp. olive oil. Form a foil pouch around garlic. Add to empty space on baking sheet.
- Roast in hot oven, 15 minutes.
- While potatoes and garlic roast, prepare ingredients.



2. Prepare the Ingredients

- Trim woody ends off **asparagus**.
- Halve **lemon** lengthwise. Cut one half into wedges and juice the other half.
- Stem and mince **parsley**.
- Mince remaining **garlic**.
- Pat **shrimp** dry. In a mixing bowl, combine shrimp and **flour** until shrimp are coated.
- Pat **steaks** dry, and season both sides with ¼ tsp. **salt**, ¼ tsp. **pepper**, and **herbs de Provence**.



3. Finish the Potatoes and Asparagus

- Carefully remove baking sheet from oven. Remove garlic pouch and let cool, at least 5 minutes. Push **potatoes** to one side. *Baking sheet will be hot! Use a utensil.*
- Place **asparagus** on empty half and toss with 1 tsp. **olive oil** and a pinch of **salt** and **pepper**. Spread into a single layer and top with **cheese**.
- Roast in hot oven until asparagus are tender and potatoes are golden brown, 10-15 minutes.
- Carefully remove from oven. Toss roasted potatoes with 1/3 the **parsley** (reserve remaining for sauce).



4. Cook the Steak and Shrimp

- Place a large non-stick pan over medium heat and add 2 tsp. **olive oil**.
- Add **steaks** to hot pan and cook until browned and steaks reach a minimum internal temperature of 145 degrees, 4-5 minutes per side.
- Remove steaks to a plate and tent with foil. Rest, 3 minutes.
- While steaks rest, place another large non-stick pan over medium-high heat and add 1 Tbsp. olive oil. Add **shrimp** to hot pan and cook until pink and shrimp reach a minimum internal temperature of 145 degrees, 2-3 minutes per side.



5. Finish Shrimp, Make Butter, and Finish Dish

- Stir half the softened **butter** (reserve remaining for compound butter) and **minced garlic** into hot pan with **shrimp**. Stir until fragrant, 30-60 seconds.
- Add **wine**, half the remaining **parsley** (reserve remaining for compound butter), a pinch of **salt** and **pepper**, and 2 tsp. **lemon juice**. Bring to a simmer.
- Once simmering, cook until slightly thickened, 30-60 seconds.
- Remove from burner.
- In another mixing bowl, combine remaining softened **butter**, remaining **parsley**, a pinch of salt, and cooled **roasted garlic**. Mash until well-combined.
- Plate dish as pictured on front of card, topping steak with compound butter and shrimp and squeezing **lemon wedges** over **asparagus** and shrimp to taste. Bon appétit!