



# Creamed Spinach Sirloin Steak

WITH GARLIC BREAD AND GLAZED CARROTS

Express Plus



## Prep & Cook Time

20-30 MIN

## Cook Within

4 DAYS

## You Will Need

Olive Oil, Salt, Pepper  
Medium Non-Stick Pan,  
Baking Sheet, Large Non-Stick  
Pan

## Ingredients

½ oz. Shredded Parmesan Cheese  
2 Garlic Cloves  
1 tsp. Garlic Pepper  
1 Garlic Butter Baguette  
8 oz. Carrot  
2 oz. Baby Spinach  
1 fl. oz. Honey  
2 oz. Light Cream Cheese  
**Customize It Options**  
12 oz. Sirloin Steaks  
12 oz. Pork Tenderloin Medallions  
12 oz. Boneless Skinless Chicken  
Breasts  
16 oz. USDA Choice New York Strip  
Steak

## Difficulty Level

INTERMEDIATE

## Spice Level

NOT SPICY

## 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.

View nutritional information at [www.homechef.com/20675](http://www.homechef.com/20675)

\*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, sesame, and shellfish ingredients.

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



## Before You Cook

All cook times are approximate based on testing.

- If using any fresh produce, thoroughly rinse and pat dry
- Turn oven on to **400 degrees**. Let preheat, at least 10 minutes
- Set **cream cheese** on counter to soften
- Prepare a baking sheet with foil
- Refer to minimum internal temperature chart on front of card for your protein

### Customize It Instructions

- If using **chicken breasts**, follow same instructions as sirloin in Steps 1 and 3, cooking until chicken reaches minimum internal temperature, 5-7 minutes per side.
- If using **pork tenderloin medallions**, follow same instructions as sirloin in Steps 1 and 3, cooking until browned and pork reaches minimum internal temperature, 3-5 minutes per side. Rest, 3 minutes.
- If using **NY strip steaks**, follow same instructions as sirloin in Steps 1 and 3, cooking until steaks reach desired doneness, or 7-10 minutes per side for medium/medium-well. Rest, 3 minutes.



### 1. Toast Bread and Prepare Ingredients

- Remove **bread** from packaging and place on prepared baking sheet.
- Toast in hot oven until golden brown, 12-15 minutes.
- While bread toasts, peel, trim, and cut **carrot** into 1/4" slices on an angle.
- Mince **garlic**.
- Pat **steaks** dry and season both sides with **garlic pepper** and 1/4 tsp. **salt**.



### 2. Cook the Carrots

- Place a large non-stick pan over medium-high heat.
- Add 1 tsp. **olive oil** and **carrots** to hot pan. Stir often until lightly browned, 3-5 minutes.
- Add 1/4 cup **water**, half the **honey** (taste, and add more, if desired), 1/4 tsp. **salt**, and a pinch of **pepper**.
- Cover and cook until water is mostly evaporated and carrots are tender and glazed, 3-5 minutes.
- Remove from burner.
- While carrots cook, continue recipe.



### 4. Make Creamed Spinach and Finish Dish

- Return pan used to cook steaks to medium heat and add 1 tsp. **olive oil**.
- Add **garlic** to hot pan. Cook until fragrant, 30-60 seconds.
- Add **spinach**, softened **cream cheese**, **Parmesan**, 1/4 cup **water**, and a pinch of **pepper**. Bring to a simmer.
- Once simmering, stir constantly until slightly thickened, 1-2 minutes.
- Remove from burner.
- Plate dish as pictured on front of card, topping **steak** with creamed spinach. Bon appétit!



### 3. 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 steaks reach desired doneness, or 4-6 minutes per side for medium/medium-well.
- *Steak thickness can vary; if you receive a thinner steak, we recommend checking for doneness sooner.*
- Remove from burner. Transfer **steaks** to a plate and cover with foil. Rest, 3 minutes.
- Wipe pan clean and reserve.