



NUTRITION per serving 48g carbohydrates 59g fat 40g protein 1130mg sodium | gluten-free, soy-free, shellfish-free, nut-free



Calories
902



Prep & Cook Time
45-55 min.



Cook Within
5 days



Difficulty
Intermediate



Spice Level
Not Spicy



HOME CHEF

CUSTOMER FAVORITE
Salisbury Steak

with whipped potatoes, asparagus, and sherry-mushroom gravy

IN YOUR BOX

2 fl. oz. Liquid Egg
6 oz. Cremini Mushrooms
6 oz. Asparagus
1 Yellow Onion
2 Russet Potatoes
.9 oz. Butter
4 fl. oz. Heavy Whipping Cream
10 oz. Ground Beef
½ tsp. Dried Thyme
2 fl. oz. Sherry

IN YOUR KITCHEN

Olive Oil
Salt
Pepper
Colander
Medium Pot
Medium Non-Stick Pan
Mixing Bowl

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BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Thoroughly rinse produce and pat dry
- Place a colander in the sink
- Separation is natural when shipping liquid eggs. **Shake well before using.**

WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- **Heads Up! Butter** is used twice. Half is mashed with **potatoes** and remaining cooks with **asparagus**.
- **Heads Up! Cream** is used twice. Half is mashed with **potatoes** and remaining is added to **gravy**.
- **Heads Up! Thyme** is used twice. Half is added to **steak** and remaining is added to **gravy**.

FROM THE CHEF

Avoid overworking Salisbury steak mixture. Mix until ingredients are just combined to keep steaks light and tender.

Did you know...

Before there was Atkins, there was Salisbury. Dr. J. H. Salisbury, a physician who favored low-carb, high-protein diets to support weight loss, invented his eponymous steak in the late 19th century.



1

Prepare the Ingredients

Cut **mushrooms** into ¼" slices. Trim woody ends off **asparagus**. Halve and peel **onion**. Slice halves into thin slices. Peel **potatoes** and cut into 1" dice. Place potatoes in a medium pot with covered by **cold water** and 1 tsp. **salt**.



4

Prepare the Salisbury Steak

Combine **ground beef**, **liquid egg**, **half the thyme** (reserve remaining for gravy), ½ tsp. **salt**, and ½ tsp. **pepper** in a medium mixing bowl and mix until just incorporated. Form mixture into two 1" thick oval steaks. Heat 2 tsp. **olive oil** in pan used for asparagus over medium heat. Add **steaks** to hot pan and cook until browned and steaks reach a minimum internal temperature of 160 degrees, 6-8 minutes per side. Remove to a plate. Discard excess fat, leaving 2 tsp. behind. Reserve pan.



2

Prepare the Whipped Potatoes

Bring pot with potatoes to a boil, then reduce heat to simmer. Cook until potatoes are fork-tender, 15-18 minutes. Drain in colander and return to pot. Add **half the butter** (reserve remaining for asparagus) and **half the heavy cream** (reserve remaining for gravy). Mash with a fork or potato masher until smooth. Season with ½ tsp. **salt** and a pinch of **pepper** and set aside. While potatoes simmer, cook asparagus.



5

Prepare the Mushroom Gravy

Return pan used to cook steaks to medium-high heat. Add **onions** to hot pan and cook until slightly caramelized, 4-5 minutes. Add **mushrooms** and cook until browned, 5-8 minutes. Add **sherry** and remaining **thyme**. Cook 1 minute and remove pan from burner. Stir in remaining **heavy cream** and season with a pinch of **salt and pepper**.



3

Cook the Asparagus

Heat a medium non-stick pan over medium-high heat. Add remaining **butter** and **asparagus** to hot pan. Cook until asparagus are bright green and tender, 4-5 minutes. Season with a pinch of **salt and pepper**. Transfer to a plate and wipe pan clean. Reserve pan.



6

Plate the Dish

Place **whipped potatoes** on plate. Serve **Salisbury steak** and **asparagus** next to potatoes. Spoon **mushroom gravy** over steak and serve.