



NUTRITION per serving 18g carbohydrates 24g fat 41g protein 1157mg sodium | calorie-conscious, carb-conscious



Calories
484



Prep & Cook Time
25-35 min.



Cook Within
6 days



Difficulty
Easy



Spice Level
Not Spicy

IN YOUR BOX

- 1 Yellow Onion
- 1 Texas Toast Slice
- 1 Romaine Heart
- 2 oz. Grape Tomatoes
- 2 Sirloin Steaks
- ½ oz. Honey
- ½ oz. Dijon Mustard
- ½ fl. oz. Red Wine Vinegar
- ½ oz. Blue Cheese Crumbles

CONTAINS: milk, wheat, soy
Packaged in a facility that also packages peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- 2 Medium Non-Stick Pans
- Mixing Bowl

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Steak and Blue Cheese Salad

with honey-caramelized onions and croutons

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

WHILE YOU COOK

- Color changes in vacuum-packaged red meat from red to reddish-brown are normal, as a result of a naturally occurring chemical reaction called oxidation. Use your judgment! Please don't cook protein if you notice an odor, a glassy sheen, or unusual stickiness.
- If **onions** start to char, lower the heat—the longer, lower, and slower you go when caramelizing onions, the sweeter and more delicious they become.
- **Blue cheese** with **steak** and **caramelized onions** is a flavor combination we love, but it's not for everyone. Feel free to use less than the provided amount of blue cheese or omit entirely.

FROM THE CHEF

When slicing the steak, we recommend finding the parallel lines of muscle fiber running down the meat (called the grain), and slicing perpendicular to them, cutting *against the grain*. This makes sliced steak easier to chew, since the muscle fibers are already broken up for you.

Did you know...

Blue cheese has been around a long, long time and its actual origins are murky, but we like this myth of its beginnings: a young man was eating a lunch of ewes' milk and bread. He saw a beautiful girl and left his meal in a cave in order to chase her. He returned a month later to find his milk had turned to blue cheese. Why he left his food in a cave for a month, we'll never know.



1

Prepare the Ingredients

Peel and halve **onion**. Slice halves thinly. Cut **Texas toast** into 1" cubes. Hold **romaine heart** at root end and coarsely chop. Halve **grape tomatoes**. Pat **steaks** dry, and season both sides with ¼ tsp. **salt** and ¼ tsp. **pepper**.



4

Cook the Steaks

Return pan used to toast croutons to medium-high heat. Add 1 tsp. **olive oil** and **steaks** to hot pan and cook until steaks reach a minimum internal temperature of 145 degrees, 4-5 minutes per side. Transfer to a cutting board and rest 5 minutes before slicing into ½" slices.



2

Caramelize the Onion

Heat 1 tsp. **olive oil** in a medium non-stick pan over medium heat. Add **onion** to hot pan and cook until light brown, 8-10 minutes. Add **honey** and stir occasionally until deep brown, 5-6 minutes. Season with a pinch of **salt** and remove from burner. While onions caramelize, make croutons.



5

Make the Salad

Whisk together **Dijon**, **red wine vinegar**, and 1 Tbsp. **olive oil** in a mixing bowl. Add **romaine**, **tomatoes**, and **blue cheese** (to taste). Toss to combine and season to taste with **salt** and **pepper**.



3

Make the Croutons

Add 1 tsp. **olive oil** and **Texas toast cubes** to another medium non-stick pan over medium-high heat. Stir frequently until golden brown, 3-4 minutes. Season to taste with **salt** and **pepper** and remove croutons to a plate. Wipe pan clean and reserve.



6

Finish the Dish

Pile a bed of **salad** on a plate. Arrange **steak slices** next to salad and garnish with **croutons** and **caramelized onions**.