



#### In your box

- ¾ cup Jasmine Rice
- 8 oz. Carrot
- .6 oz. Butter
- 1 tsp. Sugar
- 1 tsp. Asian Garlic, Ginger and Chile Seasoning
- 2 fl. oz. Tonkatsu Sauce
- 1 oz. Mirin
- 2 tsp. Beef Demi-Glace

#### Customize It Options

- 12 oz. Sirloin Steaks
- 12 oz. Grass Fed Sirloin Steaks
- 13 oz. Boneless Skinless Chicken Breasts
- 14 oz. USDA Choice New York Strip Steak (Serves 2)



## Japanese Sirloin Steak

with mirin demi-glace and buttery glazed carrots

NUTRITION per serving—Calories: 695, Carbohydrates: 93g, Fat: 16g, Protein: 43g, Sodium: 1541mg.  
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients  
*\*Nutrition & allergen information may vary by protein. Please review protein and meal labels for details.*

Prep & Cook Time  
**30-40 min.**

Cook Within  
**6 days**

Difficulty Level ● ● ●  
**Intermediate**

Spice Level ● ● ● ●  
**Mild**

## ① You will need

Olive Oil, Salt, Pepper

Small Pot, Medium Non-Stick Pan

## 👑 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



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### Cook the Rice

- Bring a small pot with **rice** and 1½ cups **water** to a boil.
- Reduce to a simmer, cover, and cook until tender, 18-20 minutes.
- Remove from burner and set aside covered.
- While rice cooks, prepare ingredients.



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### Prepare the Ingredients

- Peel, trim, and cut **carrot** into ½” slices at an angle.
- Pat **steaks** dry, and season both sides with a pinch of **salt** and **pepper**.
- *If using NY strip steak or chicken breasts, follow same instructions.*



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### Cook the Carrot Slices

- Bring a medium non-stick pan with ¼ cup **water**, **carrot slices**, **butter**, and **sugar** to a boil. Reduce to a simmer, cover, and cook until carrot slices are tender, 5-8 minutes.
- *If pan becomes dry and carrot slices need more time, add ¼ cup water and continue cooking, 3-5 minutes.*
- Uncover, raise heat to high, and cook until water is evaporated and carrot slices are glazed, 2-3 minutes.
- Remove carrot slices to a plate and season with ¼ tsp. **salt**. Tent with foil and set aside. Wipe pan clean and reserve.



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### Cook the Steaks

- Return pan used to cook carrot slices to medium-high heat.
- Add 1 tsp. **olive oil** and **steaks** to hot pan and cook until steaks are well-browned and reach a minimum internal temperature of 145 degrees, 4-6 minutes per side.
- *If using NY strip steak, cook in a medium non-stick pan over medium heat with 2 tsp. olive oil until steak reaches a minimum internal temperature of 145 degrees, 9-11 minutes per side. If using chicken breasts, cook in a medium non-stick pan over medium heat with 1 tsp. olive oil until chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side.*
- Remove steaks to a plate and sprinkle with **seasoning blend**. Rest steaks at least 5 minutes, then slice.
- *If using NY strip steak or chicken breasts, follow same instructions.*
- Reserve pan; no need to wipe clean.



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### Make Sauce and Finish Dish

- Return pan used to cook steaks to medium heat.
- Add ¼ cup **water**, **tonkatsu sauce**, **mirin**, and **demi-glace** to hot pan and bring to a simmer. Once simmering, stir constantly until thickened slightly, 1-2 minutes.
- Remove pan from burner.
- Plate dish as pictured on front of card, spooning sauce over **steak slices**. Bon appétit!