



**NUTRITION** per serving 27g carbohydrates 40g fat 59g protein 1585mg sodium | carb-conscious



Calories  
**696**



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



Cook Within  
**6 days**



Difficulty  
**Easy**



Spice Level  
**Not Spicy**



## Sirloin Steak with Sauce Robert

with blue cheese-mashed cauliflower

### IN YOUR BOX

- 1 Cauliflower Head
- 6 Chives
- 1 Shallot
- 6 oz. Green Beans
- 2 Sirloin Steaks
- 1 oz. Blue Cheese Crumbles
- .6 oz. Butter
- 4 fl. oz. 2% Milk
- 2 fl. oz. White Cooking Wine
- 4 tsp. Beef Demi-Glace
- ¼ oz. Dijon Mustard

### CONTAINS: milk

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

### IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Medium Pot
- Colander
- 2 Medium Non-Stick Pans

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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!
- ☐ Bring a **medium** pot of **4 cups salted water** to a boil
- ☐ 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.
- ☐ **Heads Up! Butter** is used twice. Half is added to **cauliflower** and remaining is added to **sauce**.
- ☐ **Heads Up! Chives** are used twice. Most are added to **cauliflower**, and a pinch garnishes dish.

## FROM THE CHEF

If sauce becomes too thick, add water 1 Tbsp. at a time until desired consistency is reached.

### Did you know...

*Sauce Robert is a classic French preparation known as a "derivative" sauce because it is made by adding mustard to one of the five "mother" sauces, Espagnole. Can you name the other four "mother" sauces?*



1

## Prepare the Ingredients

Remove leaves from **cauliflower head**, core, and cut into large florets. Add cauliflower florets to boiling water and cook until tender, 6-8 minutes. While cauliflower boils, mince **chives**. Peel and halve **shallot**. Slice halves into thin strips. Trim ends off **green beans**. Pat **steaks** dry, and season both sides with a pinch of **salt** and **pepper**.



2

## Mash the Cauliflower

Drain **cauliflower** in a colander and return to pot. Add **blue cheese**, half the **milk**, half the **butter** (reserve remaining for sauce), and **chives** (reserving a pinch for garnish). Mash, adding remaining milk 1 Tbsp. at a time, until desired consistency is reached. Set aside.



3

## Cook the Steaks

Heat 1 tsp. **olive oil** in a medium non-stick pan over medium-high heat. Add **steaks** to hot pan and cook until steaks reach a minimum internal temperature of 145 degrees, 3-4 minutes per side. Remove steaks to a plate and cover with foil. Reserve pan; no need to wipe clean.



4

## Make the Sauce Robert

Return pan used to sear steaks to medium heat. Add remaining **butter** and melt. Once melted, add **shallots** and stir occasionally, 1-2 minutes. Add **white wine** and cook until mostly evaporated, 30-60 seconds. Add **demi-glace** and **Dijon** and stir until thick enough to coat the back of a spoon, 1-2 minute. Remove from burner and set aside.



5

## Cook the Green Beans

Heat 1 tsp. **olive oil** and 2 Tbsp. **water** in another medium non-stick pan over medium heat. Add **green beans** to hot pan. Once beans start sizzling, cover and cook until tender, 5-7 minutes. Season with a pinch of **salt** and **pepper**.



6

## Finish the Dish

Add **mashed cauliflower** and **green beans** to a plate. Nestle **steak** onto mashed cauliflower and drizzle with **sauce Robert**. Garnish cauliflower with remaining **chives**.