



**NUTRITION** *per serving* 48g carbohydrates 29g fat 54g protein 749mg sodium | gluten-free, soy-free, shellfish-free, nut-free



Calories  
**665**



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



Cook Within  
**6 days**



Difficulty  
**Easy**



Spice Level  
**Not Spicy**



**HOME CHEF**

## Blue Cheese and Green Onion-Crusted Steak

with roasted garlic mashed potatoes and Brussels sprouts

### IN YOUR BOX

- 2 Garlic Cloves
- 2 Russet Potatoes
- 2 Green Onions
- 6 oz. Brussels Sprouts
- 1 ½ oz. Blue Cheese
- 2 Top Blade Steaks
- .9 oz. Butter
- 4 fl. oz. 2% Milk

### IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Baking Sheet
- Colander
- Medium Pot
- Mixing Bowl
- Medium Non-Stick Pan

[www.homechef.com/3531](http://www.homechef.com/3531)

## BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Preheat oven to **400 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray
- Place a colander in the sink

## 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!** Green onions are used twice. **Green portions** are used in **blue cheese mixture** and **white portions** are roasted with **Brussels sprouts**.

## FROM THE CHEF

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

### Did you know...

Felix Frederickson produced America's first blue cheese when he used caves near the Straight River in Minnesota to age cheese in 1936.



### Roast Garlic and Cook Potatoes

Halve **garlic** and wrap in foil with 1 tsp. **olive oil**. Leave an opening on top of foil packet. Place directly on oven rack and bake until tender and lightly browned, 12-15 minutes. Set aside. While garlic cooks, peel and cut **potatoes** into a 2” dice. Bring a medium pot with potatoes and enough **lightly salted water** to cover to a boil. Reduce to a simmer and cook until tender, 18-20 minutes. While potatoes cook, prepare ingredients.



### Prepare the Ingredients

Trim and thinly slice **green onions**, keeping white and green portions separate. Trim bottoms off **Brussels sprouts** and halve (quarter if larger than ping pong balls). In a small mixing bowl, combine **blue cheese**, **green portions of green onions**, and a pinch of **pepper**. Rinse **steaks**, pat dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



### Finish the Potatoes

Drain fork-tender **potatoes** in colander. Return to pot along with roasted **garlic**, **butter**, **half the milk**, ½ tsp. **salt**, and a pinch of **pepper**. Mash with a potato masher or fork until smooth. Add remaining milk, 1 Tbsp. at a time, until potatoes reach desired consistency.



### Sear the Steaks

Heat 2 tsp. **olive oil** in a medium non-stick pan over medium-high heat. Place **steaks** in hot pan and sear on one side until browned, 2-3 minutes. Transfer to one side of prepared baking sheet, seared side up, and crust with **blue cheese mixture**.



### Finish Steaks and Roast Brussels Sprouts

Place **Brussels sprouts** and **white portions of green onion** on other half of prepared baking sheet. Toss with 2 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper** and spread into a single layer on their side. Roast until **steaks** reach a minimum internal temperature of 145 degrees and sprouts are tender, 8-10 minutes. Rest steak 5 minutes before serving.



### Plate the Dish

Place a serving of **Brussels sprouts** and **mashed potatoes** on a plate. Place **steak** next to Brussels sprouts and mashed potatoes.