



In your box

- 2 Green Onions
- 5 oz. Penne Pasta
- 1 Yellow Onion
- 1 Red Bell Pepper
- 2 Garlic Cloves
- 4 fl. oz. Light Cream
- 1 oz. Grated Parmesan
- ¼ tsp. Red Pepper Flakes

Customize It Options

- 10 oz. Steak Strips
- 10 oz. Ground Beef
- 8 oz. Italian Pork Sausage Links
- 10 oz. USDA Choice Sliced Flank Steak



Creamy Parmesan Steak Penne

with peppers and onions

NUTRITION per serving—Calories: 788, Carbohydrates: 73g, Fat: 35g, Protein: 46g, Sodium: 1650mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients
**Nutritional information may vary if you selected an alternative protein as your customized option*

Prep & Cook Time
35-45 min.

Cook Within
5 days

Difficulty Level ● ● ● ● ●
Intermediate

Spice Level ● ● ● ● ●
Mild

① You will need

Olive Oil, Salt, Pepper

Medium Pot, Colander, Medium Non-Stick Pan, Large 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!

- Bring 8 cups **water** and 2 tsp. **salt** to a boil in a medium pot
- Thoroughly rinse produce and pat dry
- Ingredient(s) used more than once: **green onions**



1

Cook the Pasta

- Once water is boiling, add **pasta** and cook until al dente, 10-12 minutes.
- Reserve ¼ cup **pasta cooking water**. Drain pasta in a colander and return to pot to keep warm. Set aside.
- While pasta cooks, prepare ingredients.



2

Prepare the Ingredients

- Halve and peel **onion**. Slice halves into thin strips.
- Stem, seed, remove ribs, and slice **red bell pepper** into thin strips.
- Trim and thinly slice **green onions**.
- Mince **garlic**.
- Separate **steak strips** into a single layer, and pat dry. Season with ¼ tsp. **salt** and a pinch of **pepper**.
- *If using **flank steak**, follow same instructions. If using **Italian sausage**, remove from casing.*



3

Caramelize the Onion

- Place a medium non-stick pan over medium-low heat and add 2 tsp. **olive oil**.
- Add **onion** and ¼ tsp. **salt** to hot pan. Stir occasionally until onion is lightly caramelized, 15-20 minutes.
- Transfer onion to a plate. Reserve pan; no need to wipe clean.
- While onion caramelizes, cook steak strips and peppers.



4

Cook the Steak Strips and Peppers

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add **steak strips**, **red bell pepper**, and **garlic** to hot pan. Stir occasionally until no pink remains on steak strips and peppers are crisp-tender, 5-7 minutes.
- *If using **flank steak**, follow same instructions. If using **Italian sausage** or **ground beef**, stir occasionally, breaking up with a spoon, until no pink remains, 4-6 minute.*
- Stir in **reserved pasta water**, **caramelized onion** (to taste), **green onions** (reserve a pinch for garnish), and ¼ tsp. **salt**.
- Remove from burner.



5

Make Sauce and Finish Dish

- Add **cream** to pan used to cook onion and place over high heat. Bring to a boil.
- Once boiling, remove from burner and stir in **Parmesan**, **pasta**, and ¼ tsp. **salt**. Stir pasta-cream mixture into **steak strip-peppers mixture**.
- Plate dish as pictured on front of card, garnishing with reserved **green onions** and **red pepper flakes** (to taste). Bon appétit!