



In your box

- 1 oz. Butter
- 2 Green Onions
- 8 oz. Carrot
- 2 Russet Potatoes
- 2 oz. Baby Spinach
- 1 Roma Tomato
- 2 Sirloin Steaks
- 4 fl. oz. Whole Milk
- 1 fl. oz. Marsala Wine



Steak with Tomato-Marsala Sauce and spinach mashed potatoes and carrots

NUTRITION per serving—Calories: 655, Carbohydrates: 51g, Fat: 29g, Protein: 45g, Sodium: 1571mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
35-45 min.

Cook Within
6 days

Difficulty Level ● □ □ □
Easy

Spice Level □ □ □ □
Not Spicy

🕒 You will need

Olive Oil, Salt, Pepper, Cooking Spray

Baking Sheet, Medium Pot, Colander, 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!

- Preheat oven to **400 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **butter, green onions**



1

Prepare the Ingredients

- Peel, trim, and cut **carrot** into ½” slices on an angle.
- Peel and cut **potatoes** into 1” pieces.
- Coarsely chop **spinach**.
- Core **tomato** and cut into ¼” dice.
- Trim and thinly slice **green onions**.
- Pat **steaks** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



2

Roast the Carrots

- Place **carrot slices** on prepared baking sheet and toss with 1 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper** until thoroughly coated.
- Spread into a single layer. Roast until tender and lightly browned, 20-22 minutes.
- While carrots roast, cook potatoes.



3

Cook the Potatoes

- Bring a medium pot with **potatoes** covered by **lightly salted water** to a boil. Reduce to a simmer, and cook until potatoes are fork-tender, 15-18 minutes.
- Drain potatoes in a colander.
- Return pot to medium heat. Add 1 tsp. **olive oil** and **spinach** to hot pot and stir occasionally until wilted, 1-2 minutes.
- Remove from burner. Return potatoes to pot with half the **milk**, half the **butter**, and ¼ tsp. **salt**. Mash until smooth. *Add remaining milk 2 Tbsp. at a time until desired consistency is reached.* Taste, and add a pinch of salt if desired.
- While potatoes simmer, cook steaks.



4

Cook the Steaks

- Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**.
- Add **steaks** to hot pan and cook until steaks reach a minimum internal temperature of 145 degrees, 5-7 minutes per side.
- Remove steaks to a plate and tent with foil.
- Reserve pan; no need to wipe clean.



5

Make the Sauce

- Return pan used to cook steaks to medium heat.
- Add **tomato**, **marsala**, half the **green onions** (reserve remaining for garnish), and a pinch of **salt** and **pepper** to hot pan. Stir occasionally until liquid is mostly evaporated, 1-2 minutes.
- Remove from burner and swirl in remaining **butter**.
- Plate dish as pictured on front of card, serving sauce on top of **steak** and garnishing with remaining green onions. Bon appétit!