



- In your box**
- 1 tsp. Garlic Salt
 - 2 Russet Potatoes
 - 8 oz. Red Beet
 - 1 oz. Butter
 - 6 Chive Sprigs
 - 1 Tbsp. Horseradish Sauce
 - 1 oz. Goat Cheese
 - 10 oz. Flat Iron Steak



Flat Iron Steak with Horseradish Butter

with roasted potatoes, beets, and goat cheese

NUTRITION per serving—Calories: 640, Carbohydrates: 44g, Fat: 36g, Protein: 37g, Sodium: 1694mg.
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 NY Strip Steak as your protein*

Prep & Cook Time
35-45 min.

Cook Within
6 days

Difficulty Level ● ● ●
Intermediate

Spice Level ● ● ● ● ●
Not Spicy

① You will need

Olive Oil, Salt, Pepper, Cooking Spray
Baking Sheet, 2 Mixing Bowls, 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 **450 degrees**
- Set **butter** on counter to soften
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **garlic salt**
- Refrigerate **goat cheese** until ready to use



1

Prepare the Ingredients

- Quarter **potatoes** lengthwise and cut into ½” slices.
- Mince **chives**.
- Trim ends off **beet**, peel, and cut into ½” dice.
- Pat **steaks** dry, and season both sides with half the **garlic salt** (reserve remaining for potatoes) and a pinch of **pepper**.
- *If using NY Strip steak, follow same instructions.*



2

Cook the Vegetables

- Place **potatoes** on one half of prepared baking sheet and toss with 1 tsp. **olive oil**, remaining **garlic salt**, and a pinch of **pepper**.
- Place **beets** on other half of baking sheet and toss with 1 tsp. **olive oil** and a pinch of **salt** and **pepper**.
- Massage oil into potatoes and beets and spread into a single layer on their side. Roast in hot oven until tender, 25-30 minutes.
- *Wash hands after working with beets.*
- While vegetables roast, make butter.



3

Make the Horseradish Butter

- Combine softened **butter**, **horseradish sauce** (to taste), and a pinch of **salt** and **pepper** in a mixing bowl. Form into two equally-sized mounds and set aside.



4

Cook the Steaks

- When vegetables have roasted 10 minutes, place a medium non-stick pan over medium-high heat and add 2 tsp. **olive oil**.
- Add **steaks** to hot pan and cook until browned and steaks reach a minimum internal temperature of 145 degrees, 5-7 minutes per side.
- Transfer steaks to a plate. Rest 5 minutes, then slice against the grain into ½” pieces.
- *If using NY Strip steak, place a medium non-stick oven-safe pan over medium-high heat with 2 tsp. olive oil. Sear until browned, 2-3 minutes per side. Place pan in hot oven and roast until steak reaches a minimum internal temperature of 145 degrees, 9-12 minutes.*



5

Finish Vegetables and Finish Dish

- Remove **goat cheese** from refrigerator. Combine **potatoes**, **beets**, goat cheese (breaking up with your hands if needed), and **chives** in another mixing bowl.
- *Halve NY Strip steak to serve.*
- Plate dish as pictured on front of card, garnishing **steaks** with **horseradish butter**. Bon appétit!