



In your box

- 6 tsp. Beef Demi-Glace
- 2 oz. Shredded Cheddar Cheese
- 1 oz. Grated Parmesan
- .3 oz. Butter
- 2 tsp. Cajun Seasoning
- 1 Red Bell Pepper
- ½ cup Polenta

Customize It Options

- 10 oz. Steak Strips
- 12 oz. Ground Turkey
- 10 oz. Antibiotic-Free Ground Beef
- 10 oz. USDA Choice Sliced Flank Steak

You will need

- Olive Oil, Salt
- Small Pot, Large Non-Stick Pan



Cajun Steak Strips and Peppers

with cheddar-Parmesan polenta

NUTRITION per serving—Calories: 687, Carbohydrates: 52g, Fat: 31g, Protein: 48g, Sodium: 1607mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients
**Nutrition & allergen information may vary by protein. Please review protein and meal labels for details.*

Prep & Cook Time

15 min.

Cook Within

4 days

Difficulty Level

Easy

Spice Level

Medium

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- If using fresh produce, thoroughly rinse and pat dry
- Bring a small pot of 2 ¼ cups **water** to a boil
- Ingredient(s) used more than once: **demi-glace**

Customize It Instructions

- If using **flank steak**, follow same instructions as steak strips.
- If using **ground turkey** or **ground beef**, combine with Cajun seasoning. Follow same instruction as steak strips in step 3, breaking into small pieces until starting to brown, 4-5 minutes. After bringing to a simmer, cook until no pink remains, 3-4 minutes.

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



1

Prepare the Ingredients

- Stem, seed, remove ribs, and cut **red bell pepper** into thin strips.
- Separate **steak strips** into a single layer and pat dry. Season all over with **Cajun seasoning**.



2

Cook the Polenta

- Once **water** is boiling, stir in half the **demi-glace** (reserve remaining for steak strips). Pour in **polenta** in a steady stream. Whisk constantly until incorporated. Season with ¼ tsp. **salt**.
- Remove from burner and stir in **Parmesan**, **cheddar cheese**, and **butter**. Cover and set aside.



3

Cook the Peppers and Steak

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add **red bell pepper** to hot pan and cook undisturbed until starting to soften, 2-3 minutes.
- Stir peppers, and push to one side. Add **steak strips** to empty side of pan and cook undisturbed until starting to brown, 2-3 minutes.
- Stir in remaining **demi-glace** and 2 Tbsp. **water** and bring to a simmer. Once simmering, stir occasionally until liquid thickens to coat steak and no pink remains on meat, 2-3 minutes.



4

Finish the Dish

- If **polenta** is too stiff, stir in warm water, 1 Tbsp. at a time.
- Plate dish as pictured on front of card, topping polenta with **peppers** and **steak**. Bon appétit!