



In your box

- 2 Green Onions
- 1 Roma Tomato
- 1 ½ tsp. Pot Roast Seasoning
- ½ cup Arborio Rice
- 2 oz. Grated Parmesan
- 2 oz. Sour Cream
- 2 tsp. Beef Demi-Glace
- 1 Ear of Corn

Customize It Options

- 10 oz. Steak Strips
- 13 oz. Boneless Skinless Chicken Breasts
- 10 oz. USDA Choice Sliced Flank Steak
- 8 oz. Shrimp

You will need

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



Steak with Creamy Corn Risotto

with fresh tomato

NUTRITION per serving—Calories: 705, Carbohydrates: 53g, Fat: 34g, Protein: 47g, Sodium: 1746mg.
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
35-45 min.

Cook Within
6 days

Difficulty Level
Intermediate

Spice Level
Not Spicy

👑 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 3 cups water to a boil in a small pot
- Ingredient(s) used more than once: green onions

Customize It Instructions

- If using **flank steak**, follow same instructions as steak strips in Steps 1 and 4.
- If using **chicken**, pat dry and cut into 1" dice. Season same amount as steak strips in Step 1. Follow same instructions as steak strips in step 4, stir occasionally until chicken reaches minimum internal temperature, 5-7 minutes.
- If using **shrimp**, pat dry. Follow same instructions as steak strips in step 4, cooking undisturbed until seared on one side, 2-3 minutes. Flip, and cook until shrimp reaches minimum internal temperature, 1-2 minutes.

Minimum Internal Temperature

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



1

Prepare the Ingredients

- Trim and thinly slice **green onions**.
- Core **tomato** and coarsely chop.
- Peel husk off **corn** and carefully remove kernels from cob.
- Separate **steak strips** into a single layer and pat dry. Season with **pot roast seasoning** and a pinch of **salt** and **pepper**.



2

Start the Risotto

- Place a medium pot over medium-high heat and add 1 Tbsp. **olive oil**.
- Add **corn**, half the **green onions** (reserve remaining for garnish), and a pinch of **salt** and **pepper** to hot pot. Stir occasionally until corn starts to brown, 2-3 minutes.
- Add **rice** and stir occasionally until rice is toasted, 1-2 minutes.



3

Finish the Risotto

- Add 1 cup **boiling water** from small pot to pot with rice. *Rice should just be covered by water.* Stir often until nearly all water is absorbed.
- Add ½ cup boiling water and stir often again until nearly all water is absorbed. Repeat this process, stirring often, 18-20 minutes.
- Taste *risotto* as you cook, *checking for tenderness. When rice has no more "bite" or crunch, it's done. There may be water left.*
- Remove from burner. Stir in **Parmesan**, **sour cream**, ½ tsp. **salt**, and a pinch of **pepper** until combined. Cover and set aside.



4

Cook the Steak Strips

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add **steak strips** to hot pan and stir occasionally until browned, 3-4 minutes.
- Add ¼ cup **water**, **tomatoes**, **demi-glace**, and a pinch of **pepper**. Stir occasionally until tomatoes break down and sauce thickens, 2-4 minutes.
- Remove from burner.



5

Finish the Dish

- Plate dish as pictured on front of card, placing **steak strips** on **risotto** and garnishing with remaining **green onions**. Bon appétit!