



In your box

- 4 oz. Grape Tomatoes
- 1 Yellow Onion
- 3 oz. Golden Italian Dressing
- 5 oz. Baby Spinach
- 3 oz. Grated Parmesan
- 8 oz. Light Cream
- 15 oz. Penne Pasta
- 2 tsp. Garlic Salt
- 2 Red Bell Peppers

Customize It Options

- 20 oz. Steak Strips
- 8 Beyond Sausage Links
- 16 oz. Italian Pork Sausage Links
- 20 oz. USDA Choice Sliced Flank Steak

*Contains: milk, wheat, soy

You will need

- Olive Oil, Salt
- 2 Mixing Bowls, Large Pot, Large Non-Stick Pan, Colander



6-Portion Meal

Creamy Parmesan Steak Penne

with Italian spinach salad

NUTRITION per serving—Calories: 641, Carbohydrates: 65g, Fat: 27g, Protein: 36g, Sodium: 1319mg.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

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 8 cups **water** and 2 tsp. **salt** to a boil in a large pot

Customize It Instructions

- If using **flank steak**, follow same instructions as steak strips.
- If using **Italian sausage**, remove sausage from casing. Skip seasoning with **garlic salt**. Follow same instructions as steak strips in Step 3, breaking sausage into smaller pieces with a spoon, until no pink remains, 4-6 minutes.
- If using **beyond sausage**, cut into bite-sized pieces. Skip seasoning with **garlic salt**. Follow same instructions as steak strips in Step 3, stirring sausage often and breaking up with a spoon, until warmed through, 6-8 minutes.

Minimum Internal Temperature

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



1

Cook the Pasta

- Once water is boiling, add **pasta** and cook until al dente, 12-14 minutes.
- Reserve ½ cup **pasta cooking water**. Drain pasta in a colander and set aside. Reserve pot; no need to wipe clean.
- While pasta cooks, prepare ingredients.



2

Prepare the Ingredients

- Halve and peel **onion**. Cut halves into ¼" slices.
- Stem, seed, remove ribs, and cut **red bell peppers** into ¼" strips.
- Halve **tomatoes**.
- Separate **steak strips** into a single layer and pat dry. Season all over with **garlic salt**.



3

Cook the Vegetables and Steak Strips

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add **onion**, **red bell pepper**, and ¼ tsp. **salt** to hot pan and cook undisturbed until charred, 4-6 minutes, stirring once halfway through.
- Transfer vegetables to a mixing bowl. Keep pan over medium-high heat and add 2 tsp. olive oil.
- Working in batches if needed, add **steak strips** to hot pan. Stir occasionally until no pink remains, 4-6 minutes.
- Transfer steak to bowl with vegetables. Keep pan over medium-high heat.



4

Make the Sauce

- Add **cream**, ¼ cup **pasta cooking water**, ¼ tsp. **salt**, and **Parmesan** to hot pan. Bring to a simmer.
- Once simmering, stir occasionally until sauce thickens, 2-3 minutes.
- Remove from burner.
- In pot used to cook pasta, add **pasta**, **steak strip-vegetable mixture**, and sauce. Stir until sauce coats pasta.
- *If too dry, add remaining pasta cooking water, 1 Tbsp. at a time, until desired consistency is reached.*



5

Make Salad and Finish Dish

- In another mixing bowl, combine **spinach**, **tomatoes**, and **dressing**.
- Plate dish as pictured on front of card. Bon appétit!