



In your box

- 12 oz. Asparagus
- 1 oz. Goat Cheese
- ½ oz. Crispy Fried Onions
- 1 tsp. Garlic Salt
- 1 oz. Shredded Parmesan Cheese

Customize It Options

- 12 oz. Sirloin Steaks
- 16 oz. USDA Choice Boneless Ribeye Steak (Serves 2)
- 13 oz. Boneless Skinless Chicken Breasts
- 14 oz. USDA Choice New York Strip Steak (Serves 2)

*Contains: milk, wheat

You will need

Olive Oil, Pepper, Cooking Spray



Grill-Ready

Goat Cheese and Crispy Onion-Crusted Steak

with grilled Parmesan asparagus

NUTRITION per serving—Calories: 408, Carbohydrates: 9g, Fat: 21g, Protein: 46g, Sodium: 1359mg.

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

15-20 min.

Cook Within

5 days

Difficulty Level

Easy

Spice Level

Not Spicy

Customize It Instructions

- If using **chicken breasts**, follow same instructions as steaks
- If using **ribeye**, follow same instructions as steaks in Steps 1 and 2, grilling one side 4-6 minutes, then flipping and adding goat cheese. Cook until ribeye reaches a minimum internal temperature of 145 degrees, 4-6 minutes. Halve to serve.
- If using **NY Strip steak**, follow same instructions as steaks in Steps 1 and 2, grilling one side 7-9 minutes, then flipping and adding goat cheese. Cook until strip reaches a minimum internal temperature of 145 degrees, 7-9 minutes. Halve to serve.

Minimum Internal Temperature

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



1

Prepare the Ingredients

- Spray grill with **cooking spray** and heat grill to medium. Thoroughly rinse any fresh produce and pat dry.
- Snap woody ends off **asparagus**. Drizzle with 2 tsp. **olive oil** and season with half the **garlic salt** and a pinch of **pepper**.
- Season **steaks** on both sides with remaining garlic salt and a pinch of pepper.



3

Finish the Dish

- Plate dish as pictured on front of card, topping **steaks** with **crispy onions** and garnishing **asparagus** with **Parmesan**. Bon appétit!



2

Grill the Meal

- Place **steaks** on hot grill and cook undisturbed until browned on one side, 5-7 minutes.
- While steaks cook, place **asparagus** on hot grill and turn occasionally until asparagus is tender, 8-10 minutes.
- Flip steaks, and top with **goat cheese**. Cook until steaks reach a minimum internal temperature of 145 degrees, 5-7 minutes.
- Transfer to a plate. Rest steaks, 5 minutes.

Indoor Instructions

- If cooking indoors, preheat oven to 400 degrees. Prepare a baking sheet with foil and cooking spray. Trim woody ends off **asparagus**. Pat **steaks** dry, and season both sides with half the **garlic salt** (reserve remaining for asparagus) and a pinch of **pepper**. Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**. Add steaks to hot pan and cook undisturbed until browned on one side, 5-7 minutes. Flip, and top with **goat cheese**. Cook until steaks reach a minimum internal temperature of 145 degrees, 5-7 minutes. Transfer to a plate and let rest, 5 minutes. While steaks cook, place asparagus on prepared baking sheet and toss with 2 tsp. olive oil, remaining garlic salt, and a pinch of pepper. Massage oil and seasoning into asparagus. Spread into a single layer and roast in hot oven until tender, 10-12 minutes. Plate dish as pictured on front of card, topping steaks with **crispy onions** and garnishing asparagus with **Parmesan**. Bon appétit!