



In your box

2 oz. Shredded Cheddar-Jack Cheese
2 Tbsp. Worcestershire Sauce
6 tsp. Beef Demi-Glace
8 oz. Broccoli Florets
4 oz. Sliced Cremini Mushrooms
4 Saltine Crackers
½ oz. Flour

Customize It Options

10 oz. Ground Beef
10 oz. Antibiotic-Free Ground Beef
12 oz. Ground Turkey
12 oz. Ground Pork

*Contains: milk, wheat, soy

You will need

Olive Oil, Salt, Pepper



Oven-Ready

Mushroom-Smothered Salisbury Steak

with cheddar-jack broccoli

NUTRITION per serving—Calories: 589, Carbohydrates: 29g, Fat: 35g, Protein: 42g, Sodium: 1581mg.

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

30-40 min.

Cook Within

5 days

Difficulty Level

Easy

Spice Level

Not Spicy



1

Prepare the Ingredients

- Preheat oven to 400 degrees. Remove lid and label, if necessary. Reserve lid. When ingredient appears in recipe, remove from packaging. Thoroughly rinse any fresh produce and pat dry.
- Combine **broccoli**, 1 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper** in provided tray. Push to one side and top with **cheese**.



2

Add the Mushrooms and "Steak"

- Sprinkle empty side of tray with half the **flour** (remaining is yours to use as you please!). Add **mushrooms** and top with **demi-glace** and half the **Worcestershire**.
- Crush **saltines**. On reserved lid, combine **ground beef**, saltines, remaining Worcestershire, and ¼ tsp. **salt**. Form into two equally-sized patties. Place patties on mushrooms.
- *If using **ground pork** or **ground turkey**, follow same instructions.*



3

Finish the Dish

- Bake uncovered in hot oven until **patties** reach a minimum internal temperature of 160 degrees, 25-28 minutes.
- *If using **ground pork**, follow same instructions. If using **ground turkey**, bake uncovered in hot oven until patties reach a minimum internal temperature of 165 degrees, 25-28 minutes.*
- Carefully remove from oven. Remove patties from tray and stir **mushrooms**. Bon appétit!