



In your box

- .6 oz. Butter
- 2 oz. Light Cream Cheese
- ½ tsp. Garlic Salt
- 5 oz. Asparagus
- 1 Shallot
- 1 oz. Goat Cheese
- 18 oz. Sweet Potato
- ½ oz. Roasted Pecans
- 4 tsp. Beef Demi-Glace

Customize It Options

- 12 oz. Ranch Steaks
- 32 oz. USDA Choice Boneless Ribeye Steak (Serves 2)–Double Portion
- 13 oz. Boneless Skinless Chicken Breasts
- 14 oz. USDA Choice New York Strip Steak (Serves 2)
- 16 oz. USDA Choice Boneless Ribeye Steak (Serves 2)

*Contains: milk, tree nuts (pecans)

You will need

- Olive Oil, Salt, Pepper, Cooking Spray
- Colander, Medium Non-Stick Pan, Medium Pot, Baking Sheet



Culinary Collection

Steak and Goat Cheese-Pecan Sweet Potatoes

with roasted asparagus

NUTRITION per serving–Calories: 779, Carbohydrates: 66g, Fat: 37g, Protein: 47g, Sodium: 1534mg.

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

50-60 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
- Preheat oven to **425 degrees**
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **garlic salt**

Customize It Instructions

- If using **NY strip steak**, **16 oz. ribeye**, or **32 oz. ribeye**, follow same instructions as ranch steaks in Steps 1, 3 and 4, searing steaks until browned on two sides, 2-3 minutes per side, then roasting in hot oven until steaks reach a minimum internal temperature of 145 degrees, 12-14 minutes. Halve to serve.
- If using **chicken breasts**, follow same instructions as ranch steak in Steps 1, 3 and 4, searing chicken until browned, 4-5 minutes per side, then roasting until chicken reaches minimum internal temperature, 8-10 minutes.

Minimum Internal Temperature

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



1

Start Potatoes and Prepare Ingredients

- Peel and cut **sweet potato** into evenly-sized large chunks.
- Bring a medium pot with sweet potato chunks covered by **water** to a boil. Cook until fork-tender, 14-18 minutes.
- While potato boils, peel and slice **shallot** into very thin rounds.
- Trim woody ends off **asparagus**.
- Coarsely chop **pecans**.
- Pat **steaks** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



2

Finish the Potatoes

- Reserve ½ cup **potato cooking water**. Drain **potatoes** in a colander and return to pot.
- Add **cream cheese**, **garlic salt** (reserve a pinch for asparagus) and 2 Tbsp. potato cooking water. Mash until mostly smooth.
- *If too thick, add additional potato cooking water, 1 Tbsp. at a time, until desired consistency is reached. Cover and set aside.*



3

Start the Steak

- Place a medium non-stick pan over medium-high heat.
- Add 1 tsp. **olive oil** and **steaks** to hot pan. Sear undisturbed until browned, 2-3 minutes per side.
- Remove from burner. Place steaks on one half of prepared baking sheet.
- Reserve pan; no need to wipe clean.



4

Finish Steak and Roast Asparagus

- Place **asparagus** on empty side of baking sheet and toss with 1 tsp. **olive oil** and remaining **garlic salt**. Massage oil and seasoning into asparagus.
- Spread into a single layer on their side and roast in hot oven until asparagus is tender and **steaks** reach a minimum internal temperature of 145 degrees, 8-10 minutes.
- While steak and asparagus roast, make sauce.



5

Make Sauce and Finish Dish

- Return pan used to cook steaks to medium-high heat. Add 1 tsp. **olive oil** and **shallot**. Stir occasionally until softened, 2-3 minutes.
- Add **demi-glace** and 2 Tbsp. **water**. Bring to a simmer.
- Once simmering, remove from burner. Stir in **butter**.
- Plate dish as pictured on front of card, topping **steaks** with sauce and **sweet potatoes** with **goat cheese** and **pecans**. Bon appétit!