



STEAKS WITH SUN-DRIED TOMATOES

Creamy mushrooms, chard salad with hazelnuts

COOK TIME 30 MIN	SERVINGS 2	CALORIES PER SERVING 770	NET CARBS PER SERVING 13 GRAMS	MENU KETO // GLUTEN-FREE
----------------------------	----------------------	------------------------------------	--	------------------------------------

Steak night goes Italian with this restaurant-worthy meal, no tipping required. Bavette steaks are dusted with dried rosemary, basil, and sage, then pan-seared and topped with a tangy homemade sun-dried tomato pan sauce. Because no good steak night is complete without showstopping sides, the steaks are served with creamed mushrooms and a crisp chard salad. Time to break out the tablecloth!

INGREDIENTS (10 ITEMS)

- 2 (5 oz) **Bavette steaks**
- 1 ¼ tsp **Rosemary, basil & sage blend**
- ½ oz **Sun-dried tomatoes**
- 4 ¼ oz **Cremini mushrooms**
- 4 oz **Green chard***
- 1 oz **Cream cheese** M
- 1 ½ tbsp **Hazelnuts** T
- ¼ oz **Garlic**
- 2 tbsp **Lemon-cumin dressing**
- 1 ½ tbsp **Balsamic vinegar**


WHAT YOU'LL NEED

- medium & large sauté pans
- mixing bowls
- measuring cup & spoons
- thermometer
- cooking oil
- 1 tbsp butter M
- salt & pepper

ALLERGENS

- M MILK
- T TREE NUTS (hazelnuts)

COOKING FOR 4 If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

Certified Gluten-Free

 Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Food Service (GFFS) program.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

*This ingredient may be a different color. Either way, this dish will still be delicious!

Wash and dry fresh produce. Wash hands and surfaces after handling raw meat. Consuming raw or undercooked meat may increase your risk of foodborne illness. Go to help.greenchef.com for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 **START PREP**

- Place **sun-dried tomatoes** in a small bowl. Cover with ½ cup water. Let soak about 5 minutes, or until softened.
- Finely chop **tomatoes**. Return to bowl with soaking liquid.

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2 **FINISH PREP**

- Remove and discard thick center stems from **green chard**. Roughly chop leaves into bite-size pieces.
- Roughly chop **hazelnuts**.
- Wipe **cremini mushrooms** clean with a damp paper towel. Remove stems, if desired. Cut into about ¼-inch thick slices.
- Mince **garlic**.

3 **MAKE SALAD**

- Place **chard** in a medium bowl. Drizzle with about 1 tablespoon of the **lemon-cumin dressing**. Lightly season with salt. Massage until leaves soften.*
- Add **hazelnuts**. Drizzle with remaining **dressing** to taste. Salt and pepper to taste. Toss to combine.

**Here's Why: Massaging the chard helps break down the fibers in the leaves, making for more tender greens.*

4 **COOK MUSHROOMS**

- Heat about 1 ½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **mushrooms** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 3-4 minutes, or until mushrooms begin to brown, stirring occasionally.
- Add **garlic** and 1 tablespoon butter. Cook 1-2 minutes, or until garlic is fragrant, stirring frequently.
- Reduce heat to low. Add **cream cheese** and about ¼ cup water. Stir to incorporate. Simmer 4-6 minutes, or until sauce reduces by about half, stirring occasionally. Salt and pepper to taste. Remove from heat.

5 **SEASON & COOK STEAKS**

- Pat **bavette steaks** dry with a paper towel.* Place on a plate. Season with **rosemary, basil, and sage blend**, salt, and pepper. Drizzle with about 1 teaspoon cooking oil. Rub to evenly coat.
- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium heat. Once pan is hot, add **steaks**. Cook 3-5 minutes on each side, or until steaks are fully cooked (or to desired doneness).**
- Transfer **steaks** to cutting board. Let rest at least 3 minutes.

**Did You Know? Patting the steaks dry results in a more even distribution of the seasonings, as well as a better sear.*

***Take Note: Steak is fully cooked when internal temperature reaches 145 degrees.*

6 **MAKE PAN SAUCE**

- Heat about 1 tablespoon olive oil in pan used for steaks over medium-low heat. Add **tomatoes** (with reserved **soaking liquid**) and **balsamic vinegar** to pan. Stir. Simmer 4-6 minutes, or until sauce thickens, stirring occasionally.

7 **PLATE YOUR DISH**

- Cut **steaks** against the grain into 6-8 slices each.
- Divide **steaks** between plates. Spoon **balsamic pan sauce with sun-dried tomatoes** over top. Serve **creamy mushrooms** and **chard salad** next to steaks. Enjoy!

