



MUSTARD-HERB BAVETTE STEAKS

broccoli & potato gratin with Parmesan breadcrumbs, gravy

COOK TIME
30 MIN

SERVINGS
2

CALORIES PER SERVING
840

Our chefs elevated an already-luxurious steak—the bavette cut—by topping it with an equally elegant pan sauce. Mustard-herb seasoning (featuring punchy ground mustard, white pepper, and parsley) and rich vegetable stock mingle with the ultra-flavorful fond left over from searing the steaks to create a silky gravy. Inspired by the classic chophouse side, we’re serving the perfectly seared steaks alongside creamy potato gratin with broccoli and a crispy breadcrumb and Parmesan topping.

INGREDIENTS (9 ITEMS)

- 4½ oz **Yellow potatoes**
- 6 oz **Broccoli**
- ¼ cup **Breadcrumbs** W
- 1 oz **Parmesan cheese** M
- 1 oz **Cream cheese** M
- 2 (5 oz) **Bavette steaks***
- 1 tbs **Flour** W
- ¼ tsp **Mustard-herb seasoning**
- 1 whole **Vegetable stock concentrate**

WHAT YOU’LL NEED

- medium sauté pan
- large oven-safe sauté pan
- small bowl
- measuring cup & spoons
- thermometer
- oven mitt
- cooking oil
- 1 tbs butter M
- salt & pepper

ALLERGENS

- W WHEAT
- M MILK



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

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

*Steaks are fully cooked when internal temperature reaches 145 degrees.

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 [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 PREP & MAKE TOPPING

- Preheat oven to 425 degrees.
- Peel **yellow potatoes*** if desired. Quarter lengthwise. Lay flat and slice across into quarter-moons, about ¼ inch thick.
- Thinly slice **broccoli** lengthwise.
- Place **breadcrumbs** and **Parmesan cheese** in a small bowl. Drizzle with about 1 tablespoon cooking oil. Stir to combine.

*The ingredient you received may be a different color.

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 START GRATIN

- Heat about 1½ tablespoons cooking oil in a large oven-safe sauté pan over medium heat. Add **potatoes** to hot pan. Season with about ½ teaspoon salt and about ¼ teaspoon pepper. Cook about 5 minutes, or until potatoes begin to soften, stirring occasionally.
- Add **broccoli** and ½ cup water. Bring to a boil. Add **cream cheese**. Stir until cream cheese is incorporated. Remove from heat.

3 FINISH GRATIN

- Sprinkle **breadcrumb and Parmesan topping** over pan with **veggies**.
- Transfer pan to oven. Roast 10-12 minutes, or until sauce reduces and potatoes are tender.*

*To keep your hands safe, slide a silicone cover (or pot holder) over the handle of the hot pan once it comes out of the oven.

4 SEASON & SEAR STEAKS

- Pat **bavette steaks** dry with paper towels. Season with salt and pepper. Drizzle with 1-2 teaspoons cooking oil. Rub to coat.
- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium-high heat until shimmering. Once pan is hot, add **steaks**. Sear 4-6 minutes on each side, or until steaks are fully cooked (or to desired doneness).
- Transfer **steaks** to a cutting board. Let rest at least 3 minutes.

5 MAKE GRAVY

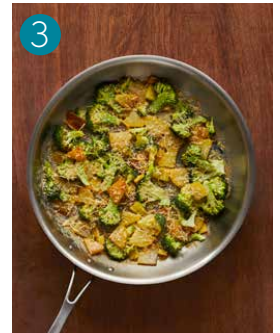
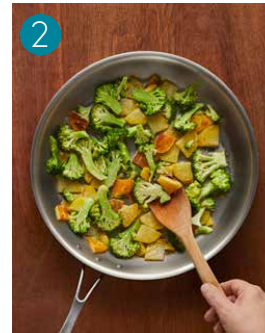
- Heat about 1 tablespoon butter in pan used for steaks over medium-low heat. Sprinkle **flour** and **mustard-herb seasoning** over melted butter. Cook 1-2 minutes, or until flour and seasoning are sticky and lightly browned, stirring frequently.*
- Add ½ cup water and **vegetable stock concentrate**. Stir to combine. Increase heat to medium-high and bring to a simmer. Cook 2-3 minutes, or until gravy thickens, stirring occasionally. Season with salt and pepper to taste.**

*Be sure to scrape up any browned bits in the bottom of the pan as you stir—those unassuming specks are full of concentrated flavor and will add additional richness to your gravy.

**Taste the gravy after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious final product.

6 PLATE YOUR DISH

- Cut **steaks** against the grain into 5-7 slices each.
- Divide **bavette steaks** between plates. Spoon **mustard-herb gravy** over steaks. Serve **broccoli and potato gratin** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (399g)

Amount per serving

Calories **840**

	% Daily Value*
Total Fat 60g	77%
Saturated Fat 19g	95%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 1060mg	46%
Total Carbohydrate 40g	15%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 1g Added Sugars	2%
Protein 39g	
Vitamin D 0mcg	0%
Calcium 268mg	20%
Iron 7mg	40%
Potassium 671mg	15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Bavette Steaks [beef bavette steak], **Mustard-Herb Seasoning** (Celery Seeds, Dried Mustard, White Pepper, Dried Parsley, Dried Oregano, Dried Basil), **All-Purpose Flour** [bleached wheat flour, malted barley flour, niacin, iron, thiamini monoitrate, riboflavin, folic acid], **Veggie Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot , celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **Broccoli, Yellow Potatoes, Cream Cheese** [cultured pasteurized skim milk and cream, whey protein, milk proteins, less than 2% salt, inulin (natural dietary fiber), natural acids, xanthan, locust bean and guar gums, potassium sorbate (maintains freshness)], **Breadcrumbs** [bleached wheat flour, yeast, sugar, salt], **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes]

Allergen information:

Contains Wheat And Milk

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.