



STEAKS & BALSAMIC MUSHROOMS

Kale salad with sun-dried tomatoes, Parmesan cheese & almonds

COOK TIME 30 MIN	SERVINGS 2	CALORIES PER SERVING 730	NET CARBS PER SERVING 14 GRAMS	MENU KETO // GLUTEN-FREE
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There's a scientific reason why you won't be able to put down your fork tonight: This hearty steak dinner is bursting with umami-rich ingredients. Mushrooms, sun-dried tomatoes, Parmesan, and balsamic vinegar are all packed with the ultra-savory "fifth taste." Here, bavette steaks are pan-roasted, then draped in saucy balsamic mushrooms and onion. On the side, there's kale salad studded with bits of chewy sun-dried tomatoes, nutty Parmesan cheese, and crunchy almonds. Science aside, once you take a bite, it's easy to understand why this meal is so delicious.

INGREDIENTS (8 ITEMS)

- 2 ¾ oz **Green kale**
- ¼ oz **Sun-dried tomatoes**
- 4 oz **Cremini mushrooms**
- 1 whole **Yellow onion**
- ½ oz **Roasted almonds** T
- 1 ¾ oz **Balsamic vinaigrette with olive oil**
- 1 oz **Parmesan cheese** M
- 2 (5 oz) **Bavette steaks***


WHAT YOU'LL NEED

- large sauté pan
- baking sheet
- mixing bowls
- measuring cup & spoons
- thermometer
- oven mitt
- cooking oil
- salt & pepper

ALLERGENS

- T TREE NUTS (almonds)
- M MILK

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

Validate
 Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

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

- Preheat oven to 400 degrees.
- Remove and discard any thick center stems from **green kale**. * Roughly chop leaves into bite-size pieces.
- Place **sun-dried tomatoes** in a small bowl. Cover with about ¼ cup water. Let soak at least 5 minutes, or until softened. Once softened, roughly chop **tomatoes** (reserve soaking liquid).
- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Halve or quarter **mushrooms**, depending on size.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Small dice remaining half into pieces, about ¼ inch each.
- Roughly chop **roasted almonds**.

*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 MAKE SALAD

- Place **kale** in a medium bowl. Drizzle with about 2 tablespoons of the **balsamic vinaigrette with olive oil**. Lightly season with salt. Massage until leaves soften.
- Add **tomatoes** to bowl (reserve soaking liquid for Step 5). Sprinkle with about half of the **Parmesan cheese**. Salt and pepper to taste. Toss to combine.

3 SEASON & SEAR STEAKS

- Pat **bavette steaks** dry with paper towels. Season both sides with salt and pepper.
- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium heat. Once pan is hot, add **steaks**. Sear about 2-3 minutes on each side.

4 ROAST STEAKS

- Transfer **steaks** to a lightly oiled, foil-lined baking sheet. Roast 3-5 minutes, or until steaks are fully cooked (or to desired doneness).
- Transfer **steaks** to cutting board. Let rest at least 3 minutes.

5 COOK VEGGIES

- Heat about 1 ½ tablespoons cooking oil in pan used for steaks over medium heat. Add **mushrooms** and **onion** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 4-5 minutes, or until veggies are tender, stirring occasionally.
- Add remaining **vinaigrette** and reserved **soaking liquid**. Stir to combine. Cook 3-5 minutes, or until sauce has thickened, stirring occasionally.

6 PLATE YOUR DISH

- Cut **steaks** against the grain into 6-8 slices each.
- Divide **steaks** between plates. Top with **balsamic mushrooms and onion**. Serve **kale salad** next to steak. Sprinkle **almonds** and remaining **Parmesan cheese** over salad. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (347g)

Amount per serving

Calories 730

	% Daily Value*
Total Fat 59g	76%
Saturated Fat 15g	75%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 750mg	33%
Total Carbohydrate 18g	7%
Dietary Fiber 4g	14%
Total Sugars 9g	
Includes 1g Added Sugars	2%
Protein 37g	
Vitamin D 0mcg	0%
Calcium 251mg	20%
Iron 6mg	35%
Potassium 1150mg	25%

* 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:

Sun-Dried Tomatoes [organic dried tomatoes], **Green Kale**, **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes], **Balsamic Vinaigrette** (Balsamic Vinegar [wine vinegar, concentrated grape must], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Olive Oil [olive oil], Sea Salt, Black Pepper), **Almonds** [almonds], **Bavette Steaks** [beef bavette steak], **Yellow Onion**, **Cremini Mushrooms**

Allergen information:

Contains Tree Nuts 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.