



**GREEN
CHEF**

RANCH STEAK WITH TRUFFLE SAUCE

creminis, roasted rainbow carrots, Parmesan

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

610

NET CARBS PER SERVING

15 GRAMS

MENU

KETO // GLUTEN-FREE // FAST & FIT

This dish proves that delicious doesn't also have to mean complicated. With just seven ingredients and 25 minutes on the clock, you'll create a restaurant-worthy meal that's sure to wow. Ranch steaks are pan-seared to a juicy finish, then placed atop a rich and savory truffle sauce studded with cremini mushrooms. They're served alongside tender roasted rainbow carrots and showered with chives and Parmesan.

INGREDIENTS (7 ITEMS)

3 whole **Rainbow carrots**
4 oz **Cremini mushrooms**
⅛ oz **Chives**
2 (5 oz) **Ranch steaks***
2 oz **Cream cheese** M
¾ tsp **Truffle zest**
1 oz **Parmesan cheese** M

WHAT YOU'LL NEED

large sauté pan
baking sheet
medium bowl
measuring cup & spoons
peeler
thermometer
oven mitt
cooking oil
salt & pepper

ALLERGENS

M MILK



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



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°.

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 425 degrees.
- Trim and peel **rainbow carrots***. Slice across at an angle into pieces, about ½ inch thick.
- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Cut into slices, about ¼ inch thick.
- Mince **chives**.

**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

ROAST CARROTS

- Place **carrots** in a medium bowl. Drizzle with 1 tablespoon cooking oil. Season with ¼ teaspoon salt and a pinch of pepper. Stir to evenly coat.
- Spread **carrots** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 18–20 minutes, or until fork-tender, flipping halfway through.

3

COOK STEAK

- Pat **ranch steaks** dry with paper towels. Season with salt and pepper.
- Heat 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **steaks** to hot pan. Sear 3–6 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.

4

MAKE SAUCE

- Heat 1½ tablespoons cooking oil in pan used for steak over medium-high heat. Add **mushrooms** to hot pan. Season with salt and pepper. Cook 3–5 minutes, or until softened, stirring occasionally.
- Add **cream cheese**, about ¼ cup water, and about ¼ teaspoon **truffle zest*** (reserve remaining for another use). Stir 1–2 minutes, or until incorporated.

**Truffle zest has an intensely rich, earthy flavor. Feel free to add more or less to your taste.*

5

PLATE YOUR DISH

- Cut **ranch steaks** against the grain into 5–7 slices each.
- Divide **creamy truffle mushroom sauce** between plates. Shingle **steak** over sauce. Serve **roasted rainbow carrots** on the side. Garnish with **chives** and **Parmesan cheese**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (417g)

Amount per serving

Calories 610

	% Daily Value*
Total Fat 43g	55%
Saturated Fat 11g	55%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 1090mg	47%
Total Carbohydrate 20g	7%
Dietary Fiber 5g	18%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 38g	
Vitamin D 0mcg	0%
Calcium 303mg	25%
Iron 4mg	20%
Potassium 1211mg	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:

Ranch Steak [beef, water, salt, sodium phosphate], **Cremini Mushrooms**, **Truffle Zest** [natural flavor, carob powder, salt, black summer truffle, natural flavors], **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)], **Rainbow Carrots**, **Chives**, **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)]

Allergen information:

Contains 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.