



# **RANCH STEAK WITH TRUFFLE SAUCE**

creminis, roasted rainbow carrots, Parmesan

COOK TIME 25 MIN

SERVINGS 610

CALORIES PER SERVING

NET CARBS PER SERVING 15 grams

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 panseared 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.

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#### **INGREDIENTS (7 ITEMS)**

3 whole	Rainbow carrots
4 oz	Cremini mushrooms
⅓ oz	Chives
2 (5 oz)	Ranch steaks*
2 oz	Cream cheese M
¾ tsp	Truffle zest
1 oz	Parmesan cheese M

MENU KETO // GLUTEN-FREE // FAST & FIT

#### 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 for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

### RANCH STEAK WITH TRUFFLE SAUCE

#### PREP

- Preheat oven to 425 degrees.
- Trim and peel rainbow carrots\*. Slice across at an angle into pieces, about 1/2 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.



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.











## ) ROAST CARROTS

- Place **carrots** in a medium bowl. Drizzle with 1 tablespoon cooking oil. Season with 1/4 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.

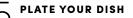
## COOK STEAK

- 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.

## 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.



- 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**

Amount per serving

# Calories

#### % 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% 20% Iron 4mg 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.

(417g)