



In your box

- 8 oz. Carrot
- 2 Russet Potatoes
- 2 oz. Sour Cream
- 2 tsp. Beef Demi-Glace
- 1 tsp. Pot Roast Seasoning
- .6 oz. Butter
- 4 oz. Peas

Customize It Options

- 12 oz. Steaks
- 12 oz. Boneless Pork Chops
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 14 oz. USDA Choice New York Strip Steak (Serves 2)



Sunday Supper Pot Roast Steak

with mashed potatoes

*NUTRITION per serving—Calories: 668, Carbohydrates: 54g, Fat: 30g, Protein: 45g, Sodium: 1348mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients
**Nutritional information may vary if you selected an alternative protein as your customized option*

Prep & Cook Time
45-55 min.

Cook Within
6 days

Difficulty Level ● ● ○
Intermediate

Spice Level ○ ○ ○ ○
Not Spicy

① You will need

Olive Oil, Salt, Pepper, Cooking Spray

Baking Sheet, Medium Pot, Colander, Medium Non-Stick Pan

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- Preheat oven to **400 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray



1

Make the Mashed Potatoes

- Peel and cut **potatoes** into 1" dice. Bring a medium pot with potatoes covered by **lightly salted water** to a boil. Reduce to a simmer, and cook until potatoes are fork-tender, 15-18 minutes.
- Reserve ¼ cup **potato cooking water**. Drain potatoes in a colander and return to pot.
- Add **sour cream** and ¼ tsp. **salt** and mash until smooth. Cover and set aside. *If potatoes are too dry, add reserved cooking water, 1 Tbsp. at a time, until desired consistency is reached.*
- While potatoes simmer, roast carrots.



2

Roast the Carrot

- Peel, trim, and cut **carrot** into ½" pieces.
- Place carrot on prepared baking sheet and toss with 1 Tbsp. **olive oil**, ¼ tsp. **salt**, and ¼ tsp. **pepper**.
- Spread into a single layer and roast in hot oven until tender and slightly caramelized, 20-24 minutes.
- *If using NY Strip steak, keep carrot on one half of baking sheet, leaving room for steak. Roast until lightly caramelized, 8-10 minutes.*
- While carrot roasts, cook steaks.



3

Cook the Steaks

- Pat **steaks** dry, and season both sides with a pinch of **salt** and **pepper**. Place a medium non-stick pan over medium heat. Add 2 tsp. **olive oil** and steaks to hot pan. Cook until well-browned on both sides and steaks reach a minimum internal temperature of 145 degrees, 5-7 minutes per side.
- *If using pork or chicken, follow same instructions and season same amount. Cook until minimum internal temperature of 145 degrees for pork, or minimum internal temperature of 165 degrees for chicken, 5-7 minutes per side. If using NY Strip steak, follow same instructions and season same amount. Sear until browned, 2-3 minutes per side. Transfer to empty half of baking sheet and roast in hot oven until steak reaches a minimum internal temperature of 145 degrees, 12-14 minutes.*
- Transfer steaks to a plate. Rest at least 3 minutes. Reserve pan; no need to wipe clean. While steaks rest, make gravy.



4

Make the Gravy

- Return pan used to sear steaks to medium-high heat.
- Add ½ cup **water**, **demi-glace**, **accumulated juices from resting steaks**, and **pot roast seasoning** to pan and bring to a boil. Once boiling, stir occasionally until slightly thickened, 2-3 minutes.
- Remove pan from burner. Swirl in **butter**.



5

Warm Peas and Finish Dish

- Add **peas** to baking sheet with roasted **carrot** and return to hot oven. Roast until peas are warmed through, 2-3 minutes.
- *If using NY strip steak, remove from baking sheet before adding peas. Halve NY Strip steak to serve.*
- Plate dish as pictured on front of card, spooning **gravy** over **steak** and **potatoes**. Bon appétit!