



## Sirloin Steak with Cauliflower & Broccoli Gratin

We're bringing the steakhouse to you with this delicious, easy dinner! We pan-seared top sirloin steaks and served them with a delectable panko-crusted cauliflower and broccoli gratin. Our signature three-peppercorn sauce is drizzled over the steaks for added richness and a burst of flavor.

### Ingredients

- Top sirloin steaks
- Three-peppercorn sauce **M S W**
- Heavy cream **M**
- Broccoli & cauliflower florets
- Shallot garlic confit
- Italian-seasoned panko **W**
- Italian cheese blend **M**

### Allergens

**M** Milk   **S** Soy   **W** Wheat

### Supplies to Gather

- Nonstick saute pan (10 inches or larger)
- Oven-safe saute pan with a lid (8 inches or larger)
- Kitchen knife & cutting board
- Oven mitt
- Cooking spoon
- Kitchen tongs
- Paper towels
- Salt & pepper
- Cooking oil

### Did You Know?

The word "broccoli" comes from the Italian word *broccolo*, which means "the flowering top of a cabbage."



640

Calories  
Per Serving



Best  
Seller



Not  
Spicy

## Let's Get Started!

Preheat the oven on the **broil** setting.



### Step 1

- Chop the **broccoli and cauliflower** into smaller, uniform pieces if uneven in size.
- Place an oven-safe saute pan onto the stovetop, and add the broccoli and cauliflower florets into the pan along with **¼ cup of water**. Cover the pan with a lid and cook for 3 min.
- Remove the lid and add the **shallot garlic confit**. Stir to combine and cook for 30 sec, or until fragrant. Season the vegetables with salt and pepper.



### Step 2

- Pour the **heavy cream** into the pan with the **broccoli and cauliflower florets**. Bring to a simmer, and cook for 3-4 min, or until the vegetables are fork-tender and the cream has reduced to form a thick sauce. **Turn off the heat**.
- Sprinkle the **Italian-seasoned panko** and the **Italian cheese blend** evenly over the broccoli and cauliflower.
- Place the pan into the oven and broil for 1-2 min, or until the topping is golden-brown. **Use an oven mitt to carefully remove the pan from the oven**.



### Step 3

- **\*\*** Meanwhile, pat the **top sirloin steaks** dry with paper towels. Season both sides with salt and pepper.
- Place a nonstick saute pan onto the stovetop, add 1 tbsp. of cooking oil, and set the heat to **medium-high**. When the oil is hot, **carefully** place the steaks into the pan. Cook for 3 min, without moving, to develop a browned crust.
- Use tongs to turn over the steaks and cook for 3-4 additional min for **medium-rare**, or to your desired doneness.
- **Turn off the heat** and use tongs to transfer the steaks to a cutting board to rest for 3 min before slicing.

## \*\* Personalized Proteins!

Follow all other listed cooking directions, but use the alternate steps below to prepare your selected protein.

### Chicken Breasts – 200 cal

Begin with the heat set to **medium**. When the oil is hot, **carefully** place the **chicken breasts** into the pan and cook for 4-5 min. Then use tongs to turn them over, and cook for 5-6 additional min, or until fully cooked. **Turn off the heat**. Transfer the chicken to a cutting board to rest before slicing.

### Mt. Cook King Salmon Fillets – 270 cal

**Carefully** place the **king salmon fillets** skin-side down and cook for 3-4 min, without moving, to crisp and brown the skin. Use a spatula to turn over the salmon, reduce the heat to **medium**, and cook for 3 additional min, or to your desired doneness.



### Step 4

- **Carefully** return the pan used to cook the **top sirloin steaks** to the stovetop. The pan may still be hot.
- Add the **three-peppercorn sauce** and **2-3 tbsp. of water** to the pan and set the heat to **medium**. Bring the sauce to a simmer.
- Cook for 30-60 sec, or until the sauce is slightly thickened, stirring frequently. **Turn off the heat**.

### Please Note:

Cooking times may vary due to different appliances and temperatures. **Adjust cooking times accordingly.**

When adding ingredients to a hot pan **always be careful of any oil splatter.**



### Let's Plate!

- Evenly slice the steaks against the grain (perpendicular to the muscle fibers). Place the sliced steak on one side of your serving plates, and spoon the vegetable gratin alongside the steak. Finally, drizzle the steak with the three-peppercorn sauce.