



Garlic Pesto Sirloin Steak

with Rosemary Mashed Potatoes
& Sautéed Spinach

Become a dinner hero with a gourmet dish, made simple! Tender sirloin steaks are seared, crusted with a roasted garlic pesto, and finished in the oven. Serve it alongside creamy rosemary mashed potatoes and our butter-sautéed spinach, guaranteed to leave you licking your plate!

Ingredients

- Top sirloin steaks
- Rosemary sprigs
- Roasted garlic pesto **M**
- Butter **M**
- Spinach
- Mashed potatoes **M**

Allergens

- M** Milk

Supplies to Gather

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

** Personalized Proteins Extra Supplies

- Baking sheet
- Aluminum foil

Did You Know?

Because its pungent aroma naturally wards away pests, rosemary is commonly used in decorative landscaping.



B

580

Calories
Per Serving



Customer
Favorite



Not
Spicy

Let's Get Started!

Preheat the oven to **425°F** using the convection setting, or to **450°F** for conventional ovens.

** For the **salmon Personalized Protein**, line a baking sheet with aluminum foil and lightly grease.

▶ **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.**



Step 1

- Use your finger and thumb to strip **half** of the leaves from the **rosemary sprig**, then roughly chop those leaves. Save the remaining rosemary (on the sprig) for use in another dish, or discard.
- ** Place **sirloin steaks** onto paper towels and pat dry. Season both sides with salt and pepper.



Step 2

- Place an oven-safe saute pan onto the stovetop, add 1-2 tbsp. of cooking oil, and set the heat to **medium-high**. When the oil is hot, **carefully** place the **sirloin steaks** into the pan and cook for 2 min to develop a browned crust. Use tongs to turn over the steaks and cook for 2 additional min. **Turn off the heat.**
- Use a spoon to evenly spread the **roasted garlic pesto** onto the steaks as desired.
- Place the pan into the oven and bake for 3-4 min, for **medium-rare**, or until cooked to your liking.
- **Use an oven mitt to carefully remove the saute pan from the oven.** Use tongs to place the steaks aside to rest on the cutting board for 4 min before slicing and serving.



Step 3

- Meanwhile, place a nonstick saute pan onto the stovetop, add the **butter** with ½ tbsp. of cooking oil, and set the heat to **medium**. When the butter is melted, **carefully** add the **spinach** and cook for 2 min, or until wilted. Season to taste with salt and pepper. **Turn off the heat** and spoon the spinach onto your serving plates.



Step 4

- Place the **mashed potatoes** into a microwave-safe bowl and add your desired amount of the chopped **rosemary** (start with a small pinch). Cover the bowl with a damp paper towel and microwave for 90 sec. Stir, then microwave for 1 additional min or until thoroughly heated.



Let's Plate!

Spoon the rosemary mashed potatoes alongside the sautéed spinach. Place the steak on top of the potatoes.

** Personalized Proteins!

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

Filet Mignon – 800 cal

Place an oven-safe saute pan onto the stovetop, add 1-2 tbsp. of cooking oil, and set the heat to **medium-high**. When the oil is hot, **carefully** place the **filet mignon** into the pan, reduce the heat to **medium**, and cook for 2 min. Use tongs to turn over the beef filets and cook for 2 additional min.

Use a spoon to evenly spread the **roasted garlic pesto** over the filets. Place the pan into the oven and cook for 4 additional min, or to your desired doneness. **Use an oven mitt to carefully remove the saute pan from the oven.**

Organic Chicken Breasts – 590 cal

Place an oven-safe saute pan onto the stovetop, add 1 tbsp. of cooking oil, and set the heat to **medium**. When the oil is hot, **carefully** place the **chicken breasts** into the pan. Cook for 3 min, then use tongs to turn over the chicken. Cook for 2 additional min, then use a spoon to evenly spread the **roasted garlic pesto** over the chicken breasts. Place the pan into the oven and cook for 5-6 min, or until the chicken is cooked through. **Use an oven mitt to carefully remove the saute pan from the oven.**

Salmon – 680 cal

Place the **salmon fillets** skin-side down onto the lined baking sheet. Use a spoon to evenly spread the **roasted garlic pesto** onto the salmon fillets as desired. Place the baking sheet into the oven and bake for 10-12 min, or until cooked to your liking. (We recommend cooking salmon to **medium** doneness).

Use an oven mitt to carefully remove the baking sheet from the oven.