

# Steak Florentine

Caper butter steak on a bed of sautéed spinach and Italian white beans. And a made-from-scratch Rosemary sauce. Yep, this is a dinner worthy of your favorite Italian restaurant that you can make from scratch without hiring a sitter. Get ready to fall in love.

**25** *Minutes to the Table*

**25** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Baking Sheet  
Large Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Steak  
Lemon  
Caper Butter  
Spinach  
Rosemary Sauce  
White Beans

## Good To Know

The sauce has a wine base, but alcohol cooks off as it cooks, leaving just the great wine flavor.

**Be sure to generously season your steak** with salt and pepper before cooking; the salt adds flavor while also keeping the meat tender. We recommend using ½ tsp of each.

**Health snapshot per serving** – 625 Calories, 38g Protein, 44g Fat, 20g Carbs, 20 Freestyle Points

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339

INGREDIENTS: Steak, Spinach, White Wine, Great Northern Beans, Lemon, Garlic, Rosemary, Parsley, Black Pepper, Capers, Butter, Cream, Vegetable Stock, Onion.

meez *meals*

### 1. Cook the Steak and Lemon

Heat 1 Tbsp oil in a large skillet over high heat. Pat dry the **Steak** and lightly salt and pepper. When the oil is very hot, add the steaks (spiced side up) and **Lemon** (sliced in half with peel side up) right next to the steaks.

Cook Lemon until it is well browned on the bottom, about 1 to 2 minutes. Continue cooking steak until the bottoms brown & sides start to color, about 3 minutes total. Flip and continue cooking for another 3 minutes if you prefer your steak **medium rare**. (Cook for 4 minutes for **medium**, and 5 to 6 for **well done**).

Remove the steaks from the heat (but do not wipe out the skillet) and immediately top with the **Caper Butter** and set aside to rest.

### 2. Create Sauce and Cook Spinach

While the steaks are resting, return the skillet to the stove over medium-high heat. Add the **Spinach** and sauté until it wilts, about 4 to 5 minutes. Stir in the **Rosemary Sauce** and cook until it thickens, about 3 to 4 minutes. Add the **White Beans** and cook until they are warm, about 1 minute.

Remove the spinach and beans from skillet and place directly on serving plates.

### 3. Put it All Together

Place the steak on the bed of spinach and beans and squeeze some lemon juice over top of the dish. Enjoy!

*To test if the skillet is hot enough for the beef, hold your hand about 6 inches above the skillet. If you can feel serious heat, it's ready.*

*Beef continues to cook as it rests, so remove it from the heat when it's a little less done than you like to prevent it from overcooking.*