

# Dijon Steak Sliders

Sometimes we crave comfort food taken up a notch. This recipe is that and more. Dijon onions transform simple steak sliders into a restaurant-worthy dinner. Add in a fresh pasta salad with cauliflower, broccoli and carrot, and you've got a dinner that will make the whole family smile.

**30** *Minutes to the Table*

**30** *Minutes Hands On*

**2 Whisks** *Easy*

## Getting Organized

### EQUIPMENT

Large Saucepan  
Large Skillet  
Mixing Bowl

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Tri Color Rotini  
Vegetables  
Pasta Salad Dressing  
Steaks  
Onions & Dijon  
Slider Buns

## Good To Know

**Want to get a get jump on dinner?** Make the pasta salad up to a day in advance. The flavors just get better as they have a chance to meld.

**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.

**It's important to let the steaks rest** to keep them tender and juicy. Give them at least 3 to 5 minutes after cooking before you slice and serve.

**Health snapshot per serving** – 600 Calories, 15g Fat, 40g Protein, 78g Carbs, 20 Smart Points

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

INGREDIENTS: Steak, Slider Bun, Rotini, Onion, Cauliflower, Broccoli, Carrot, Dijon Mustard, Vinegar, Honey, Olive Oil, Chives, Black Pepper.

meez *meals*

### 1. Make the Pasta Salad

Put a pot of water to boil.

In a large bowl, mix together the **Vegetables** and 2/3 of the **Pasta Salad Dressing** (the sauce that doesn't have the onions and green chives in it), until the veggies are well coated with dressing. Set aside.

Add the **Tri Color Rotini** to boiling water and cook until al dente, about 8 to 10 minutes. Place cooked pasta in a colander and rinse thoroughly with very cold water. Drain completely, then add to the vegetables and put into the fridge until you're ready to eat.

### 2. Cook the Steak

While the pasta is cooking, heat 1 Tbsp of olive oil in a skillet over high heat. While the skillet is heating, pat the **Steaks** dry with a towel and season generously with salt and pepper (we recommend ½ tsp of each). When the skillet is very hot, add the steaks.

Cook until the bottoms brown & sides start to color, about 3 minutes. If you prefer your steak **medium-rare**, flip & continue cooking 3 min (**medium** 4 min., **well done** 5 to 6 min). Set aside to rest for 5 min. then place horizontally on a cutting board and cut in half using a very sharp knife.

### 3. Grill The Onions

While the steaks are resting, add 1 Tbsp olive oil to the now-empty skillet and place over medium heat. Sauté the **Onions & Dijon** for 5 minutes, stirring occasionally.

### 4. Toast The Slider Buns

Wipe out the skillet used for the onions. Lightly brush the insides of the **Slider Buns** with olive oil and place oiled side down in the skillet. Press gently in the middle of the buns with a spatula to ensure they brown evenly and remove from heat once the bottoms turn golden brown.

### 5. Put It All Together

Place each piece of steak on a slider bun, top with the grilled onions and Dijon and bun lid. Serve with the pasta salad and enjoy!

*Be sure to drain the pasta really well. Extra water will dilute the dressing.*

*Keep the rest of the dressing to add to the pasta salad if you like.*

*Don't waste the skillet. You'll be using it again in step 3.*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**

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