

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.

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