

## Bistro Chateau Steak

Our proprietary steak cut, bistro chateau, is tender like a filet mignon and flavorful like a sirloin. Quantity of 1 = one steak filet.

**10** *Minutes to the Table*

**10** *Minutes Hands On*

**1 Whisks** *Super Easy*

### Getting Organized

#### EQUIPMENT

Large Skillet

#### FROM YOUR PANTRY

Olive Oil

Salt & Pepper

#### 1 MEEZ CONTAINERS

Bistro Chateau

Steak

### Add Protein Cooking Instructions

**Cook protein:** Heat 1 Tbsp olive oil in a large skillet over high heat. Salt and Pepper the steaks and when the skillet is very hot, add the steaks to the pan. Cook until the bottoms brown and the sides start to color, about 4 minutes each side for medium (3 min med-rare and 5-6 min for well done). Let rest for 5 minutes..

### Good to Know

**Health snapshot per chicken breast** – 180 Calories, 28g Protein, 0g Carbs, 7g Fat, 3 Freestyle Points.

INGREDIENTS: Bistro Chateau Steak

meezmeals