

# Steak Vesuvio

Vesuvio is a Chicago classic. We're serving it up with a Meez twist using steak smothered in lemon-butter sauce with Italian spices, roasted carrots and cheesy smashed potatoes. It's a restaurant-worthy dinner that's on your table in a flash.

**35** *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  
Butter (1 Tbsp/svg.)

### MEEZ CONTAINERS

Red Potatoes  
Rainbow Carrots  
Cheesy Sour Cream  
Steak  
Lemon  
Seasoned Onions &  
Capers

## Good To Know

If you ordered the **Carb Conscious version**, we sent cauliflower instead of the red potatoes, reducing the **carbs per serving to 30g**. In Step 2, Roast the Rainbow Carrots for 10 minutes, then, while you are turning the baking sheet, add the cauliflower with oil and pepper. Roast until fork tender, an additional 15 minutes. Use the roasted cauliflower in place of the potatoes at the end of step 2.

**Health snapshot per serving** 720 Calories, 46g Protein, 41g Carbs, 43g Fat, 22 Freestyle Points

**Lightened-up health snapshot per serving:** 550 Calories, 39g Carbs, 27g Fat, 15 Freestyle Points by using half the cheese and half the butter

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

INGREDIENTS: Steak, Red Potatoes, Rainbow Carrots, Sour Cream, Gouda, White Cheddar, Butter, Yellow Onion, Garlic, Capers, Basil, Parsley, Chives, Savory, Oregano, Lemon, Black Pepper

*meez* meals

## 1. Get Organized

Preheat the oven to 425 degrees. Spray or brush a baking sheet with olive oil.

## 2. Roast the Carrots and Potatoes

Cut the **Red Potatoes** in half and place, cut-side-down on the oiled baking sheet. Group them on one half of the baking sheet, then arrange the **Rainbow Carrots** on the other half. (If they don't fit in a single layer, use a second sheet). Lightly drizzle everything with a little olive oil, salt and pepper.

Roast the vegetables until the carrots are a deep, charred color and the potatoes are soft and brown, about 25 minutes, rotating the sheet halfway through cooking and stirring the carrots.

Remove from the oven and then immediately use the flat bottom of a measuring cup or pot to squash the potatoes to about ½" to ¾" thickness while they are still on the baking sheet. Top with the **Cheesy Sour Cream**, then set aside until step 5.

## 3. Cook the Steak

When the potatoes are about half-way through baking, heat 1 Tbsp olive oil a skillet over high heat. While the oil is heating, pat the **Steak** dry with a towel and season generously with salt and pepper (we recommend ½ tsp of each). When the oil is hot, add the steaks. Cook until the bottoms brown & sides start to color, about 3 minutes. Flip and continue cooking for 3 minutes if you like your steak **medium-rare**. (Cook for 4 minutes for **medium**, and 5 to 6 for **well done**). Set aside to rest for 5 minutes, then slice into ½" strips. Wipe out the skillet.

## 4. Make the Vesuvio Sauce

While the steaks are resting, return the now-empty skillet to the stove over low heat. Slice the **Lemon** in half and place in the skillet, cut side down and add 2 Tbsp of butter. Once the butter has melted, add the **Seasoned Onions & Capers** and cook, stirring continuously, until the onions become translucent, about 2 to 3 minutes.

## 5. Put It All Together

Top the sliced steak with the Vesuvio sauce and a squeeze of lemon. Serve alongside the smashed potatoes and rainbow carrots. Enjoy!

*It is important  
the potatoes  
are right out  
of the oven  
when you  
smash and top  
them. You  
need the heat  
to melt the  
cheese.*

*Cook on low  
heat so the  
garlic won't  
burn and  
become  
bitter.*

Instructions for two servings.

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