

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

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

**SCAN QR CODE
to view YouTube
cooking video**



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

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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.