

# Steak Au Poivre

One of France's most classic steak dishes. We're cooking our Steak Au Poivre with a magical butter sauce spiked with pepper, wine and cream that makes this dinner of seared steak, roasted broccoli and mashed potatoes sing. It's a restaurant worthy dinner you can whip up in just over a half-hour. Viva la France!

**35** *Minutes to the Table*

**35** *Minutes Hands On*

**2 Whisks** *Easy*

## Getting Organized

### EQUIPMENT

Baking Sheet(s)  
Large Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
½ Tbsp Flour per serving  
¼ Tbsp Butter per serving

### 6 MEEZ CONTAINERS

Red Skin Potatoes  
Steak  
Broccoli  
Onions & Garlic  
Au Poivre Sauce  
Parsley

## Good To Know

If you ordered the **Carb Conscious version**, we sent you cauliflower instead of potatoes to make "mashed cauliflower." This reduces the **carbs per serving to 28g**. Replace Step 2: set a large pot of water to boil over high heat. Once the water is boiling add the cauliflower and cook until soft, about 10 minutes. Drain and use the cooked cauliflower in place of the potatoes in Step 6.

**Health snapshot per serving** – 840 Calories, 40g Protein, 51g Fat, 57g Carbs, 31 Smart Points

**Lighten Up snapshot per serving** – 640 Calories, 31g Fat, and 21 Smart Points by using half of the Au Poivre sauce and eliminating the mashing of the potatoes (simply roast them per the instructions and then drizzle a small amount of the Au Poivre sauce on top).

**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, Red Skin Potato, Broccoli, Red Onion, Garlic, Parsley, Wine, Cream, Chicken Broth, Dijon Mustard, Brown Sugar, Black Pepper,

*meez* meals

1. **Get Organized**

Preheat oven to 425.

2. **Prepare the Potatoes**

Cut **Red Skin Potatoes** in half and place on baking sheet with the skin side up. Drizzle with olive oil and cook for 10 minutes (will move on to Step 4 and cook for another 10-12 minutes or 20-22 minutes total).

3. **Cook the Steak**

While the potatoes are cooking, heat 1 Tbsp of oil in a skillet over high heat. While the skillet is heating, pat the **Steak** 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. Flip and continue cooking for 3 minutes if you prefer your steak **medium-rare**. (Cook for 4 minutes for **medium**, and 5 to 6 for **well done**). Set aside to rest for 5 min.

4. **Cook the Broccoli**

Take the baking sheet out of the oven and place the **Broccoli** next to the potatoes. Drizzle broccoli with olive oil and salt and pepper and cook for 10 to 12 minutes until potatoes are soft and broccoli is just beginning to brown.

5. **Make the Au Poivre Sauce**

While broccoli is cooking, wipe clean the skillet used for steak and heat 1 Tbsp of oil over medium-high heat. Add the **Onions & Garlic** and cook until the onions are translucent, about 4 to 6 minutes. Add 1½ Tbsp butter and when the butter is melted add 1 Tbsp flour and cook until the flour is beginning to brown, about 2 minutes. Add the **Au Poivre Sauce** and stir, scrapping the browned bits of flour off the bottom of the pan. Cook until sauce is consistency of gravy and has turned a golden brown, about 2 to 3 minutes. Remove from heat.

6. **Create the Mashed Potatoes and Serve**

Place the cooked potatoes in a mixing bowl, add salt and pepper, and 1/3 cup of the finished Au Poivre Sauce. With a fork, break-up and stir the potatoes until they are the consistency of mashed potatoes (some chunks are perfectly OK), mixing in the Au Poivre sauce thoroughly.

Plate the broccoli, steak & mashed potatoes, Drizzle steak and broccoli with Au Poivre sauce and top all with parsley. Enjoy!

*Red Potatoes don't do well when they are cut in advance, so we're sending them to you whole.*

*The Au Poivre sauce should be bubbling as it thickens during this step.*

*Include the onions in your mashed potatoes. They add great flavor!*

Instructions for two servings.

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