

# Balsamic-Glazed Steak

Inspired by a recipe at one of our favorite restaurants, this dinner is as simple as it is sophisticated. We're topping our tender bistro steak with a Parmesan, Cauliflower and nut crust and serving it over Parmesan brussels sprouts and balsamic tomatoes. All this and on the table in less than 30 minutes.

**25** *Minutes to the Table*

**25** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
2 Baking Sheets  
Large Ziplock Bag

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Brussels Sprouts  
Parmesan  
Steak  
Balsamic Glaze  
Cauliflower Nut Crust  
Grape Tomatoes

## Good To Know

**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 off the heat before you slice and serve.

**Health snapshot per serving** – 470 Calories, 21g Fat, 45g Protein, 26g Carbs, 10 Freestyle Points

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

INGREDIENTS: Steak, Brussels Sprouts, Tomatoes, Cauliflower, Parmesan, Pecorino Romano, Balsamic Vinegar, Brown Sugar, Almonds, Walnuts, Parsley, Rosemary, Thyme, Garlic.

*meez* meals

### 1. Getting Started

Preheat your oven to 425 degrees.

### 2. Roast the Brussels Sprouts

Arrange the **Brussels Sprouts** in a single layer on a rimmed baking sheet and drizzle with olive oil, salt, and pepper. Roast until the Brussels start to brown and get crispy, 15 to 17 minutes. Remove from oven, mix-in half the **Parmesan** and place Brussels directly on serving plates.

### 3. Cook the Steak

While the Brussels are cooking, spray or lightly oil another baking sheet, then heat 1 Tbsp of olive oil in a large skillet over high heat. Pat the **Steaks** dry and sprinkle with a salt and pepper. When the skillet is very hot, add the steaks and cook undisturbed until the steak starts to darken on the bottom, about 1 to 2 minutes. Flip the steaks and continue cooking until the other side has browned, another 1 to 2 minutes. Transfer the steaks to the oiled baking sheet and do not wipe out the pan.

Drizzle the steaks with two-thirds of the **Balsamic Glaze**. Spread the **Cauliflower Nut Crust** evenly on top of the steaks, pressing down gently to keep it in place. Cook in the oven for about 4 minutes to get the steak medium-rare (5 to 6 for medium and 7 to 8 for medium-well). Remove the baking sheet from the oven and let the steaks rest for at least 5 minutes.

### 4. Sauté the Veggies

While the steaks are resting, place the **Grape Tomatoes** into a ziplock bag and seal tightly. Using your hands, squish the tomatoes until they burst. Pour the entire contents of the ziplock bag into the same skillet you used for the steaks and cook over medium-high heat until they are soft and start to char, about 5 to 6 minutes. Mix in the remainder of the balsamic glaze and turn off the heat.

### 5. Put It All Together

Spoon out the tomatoes and place on top of the Brussels. Gently transfer the steak from the baking sheet and place on top of the tomatoes. Drizzle with a little bit of the balsamic glaze from the skillet and the remaining parmesan. Enjoy!

*Don't worry that the steak isn't done. It will finish cooking in the oven.*

Instructions for two servings.

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