

Bistro Steak with Pesto Penne

An Italian classic. We're tossing sirloin steak with a creamy basil pesto. With sautéed spinach, mushrooms and whole grain penne, it's a meal we can't stop eating.

25 Minutes to the Table

20 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Saucepan
Mixing Bowl
Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Whole Grain Pasta
Basil Pesto Cream
Mushrooms
Sirloin
Spinach
Parmesan

Make The Meal Your Own

This dish is delicious cold and can be made in advance. Cook everything up to 2 days in advance and then use as a grab-and-go lunch or as a simple, no-cook weeknight dinner.

Picky Eater Tip – The mushrooms are packaged separately, so you can serve them just to the diners who love them.

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.

Good To Know

Be sure to generously season your steak with salt and pepper before cooking; the salt adds flavor while also keeping the meat tender. Chef Max recommends using ½ tsp of each.

Health snapshot per serving – 555 Calories, 45g Protein, 25g Fat, 40g Carbs, 16 Smart Points

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

INGREDIENTS: Sirloin Steak, Spinach, Cremini Mushrooms, Whole Grain Pasta, Parmesan, Heavy Cream, Basil, White Wine, Lemon Juice, Garlic

meezmeals

1. Get Organized

Put a saucepan of water on to boil.

2. Cook the Pasta

Add the **Whole Grain Pasta** to the boiling water and cook until al dente, about 7 to 9 minutes.

Drain and return to the saucepan. Stir half of the **Basil Pesto Cream** into the warm pasta to coat.

3. Brown the Mushrooms

While the pasta is cooking, heat 1 Tbsp oil in a large skillet over high heat. Add the **Mushrooms** and cook, stirring occasionally, until golden brown, about 3 to 5 minutes. Remove the mushrooms to a bowl.

4. Cook the Steaks

Return the now-empty skillet to the stove with 1 tsp oil over high heat. While the skillet is heating, pat the **Sirloin** 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 sirloin. 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.

After the steaks have rested, place them horizontally on a cutting board. Using a sharp knife, cut the steaks into even strips (we aim for ½" x 1" pieces).

5. Cook the Spinach

Return the skillet to the stove over medium heat. Add the **Spinach** and cook until lightly wilted, about 2 minutes.

6. Put It All Together

Serve the pasta topped with spinach, mushrooms and sliced steak. Sprinkle the **Parmesan** over the top and drizzle with extra pesto cream to taste.

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 to go.

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.

Instructions for two servings.

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