

Ricotta and Caramelized Onion Stuffed Steak

Steak gets restaurant treatment this week when stuffed with a rich ricotta and cream sauce and caramelized onions. Served over spinach with roasted broccoli and cauliflower on the side, it's a winner.

30 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

- 2 Baking Sheets
- Large Skillet

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS

- Broccoli & Cauliflower
- Steak
- Herby Ricotta Sauce
- Onions
- Spinach

Good to Know

Health snapshot per serving – 410 Calories, 40g Protein, 20g Fat, 23g Carbs, and 9 Freestyle Points.

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

INGREDIENTS: Steak, Cauliflower, Broccoli, Green Onion, Red Onion, Yellow Onion, Spinach, Cream, Ricotta, Cream Cheese, Mozzarella, Basil, Lemon Zest, Black Pepper, Oregano

meez *meals*

1. Get Organized

Preheat your oven to 400.

2. Roast the Broccoli & Cauliflower

Arrange the **Broccoli & Cauliflower** on a baking sheet, drizzle with olive oil, and sprinkle with salt and pepper. Toss and arrange in a single layer, then roast until they start to brown, about 18 to 20 minutes. Transfer directly to serving plates.

3. Sear and Slice the Steak

While the veggies are roasting, pat dry the **Steaks** and sprinkle with salt and pepper. Heat 1 Tbsp olive oil over high heat. When the oil is hot, sear the steaks for 1 minute on each side. Transfer the steak to a cutting board. Wipe out the skillet.

Once the steak has cooled a bit, make a lengthwise slice through the steak, leaving about ½" on the top and ½" on the bottom unsliced. You should be able to spread the sides of the steak so there is a large gap in the middle with the two sides of the steak connected at the top and bottom only. Transfer the steak to a second baking sheet for step 4.

4. Create the Filling and Finish the Steak

Heat 1 Tbsp olive oil in the now-empty steak skillet over medium heat. Add the **Onions** and cook, stirring occasionally, until caramelized, about 7 to 8 minutes. Turn off the heat and stir in the **Herby Ricotta Sauce**. Stuff as much of the onions and ricotta sauce as you can into the gap you created in step 3 and place the rest of it on top of the steak. Wipe out the skillet.

- **If you prefer your steak medium-rare**, bake for 4 minutes.
- **If you prefer your steak medium**, bake for 5 to 6 minutes.
- **If you prefer your steak medium-well or well done**, bake for 7 to 8 minutes.

5. Put It All Together

While the steak is finishing in the oven, heat 1 Tbsp olive oil in the now-empty onions and sauce skillet over medium-high heat. Add the **Spinach** and cook until wilted, about 2 to 3 minutes. Transfer directly to serving plates and when the steak is finished cooking, remove from the oven and place on top of the wilted spinach alongside the broccoli & cauliflower. Let the steak rest for 5 minutes and enjoy!

Instructions for two servings.

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