



Pan-Roasted Coulotte Steak

with Caramelized Onions



30-40min



2 Servings

Not your typical chicken and potato dinner—this dish packs a wow factor thanks to tender pan-roasted chicken breast covered in a caramelized onions and "garlic-knot potatoes." These standout potatoes roast until deeply golden-brown, then are tossed in garlic butter and topped with Parmesan and fresh parsley.

What we send

- 2 russet potatoes
- 1 yellow onion
- ¾ oz Parmesan ⁷
- ¼ oz fresh parsley
- ½ lb broccoli
- 1 pkt turkey broth concentrate
- 10 oz pkg coulotte steak

What you need

- olive oil
- kosher salt & ground pepper
- butter ⁷
- white wine vinegar (or red wine vinegar) ¹⁷
- garlic

Tools

- rimmed baking sheet
- medium skillet
- microplane or grater

Allergens

Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 890kcal, Fat 57g, Carbs 55g, Protein 43g



1. Roast potatoes

Preheat oven to 450°F with a rack in the lower third. Scrub **potatoes**, then cut into wedges. On a rimmed baking sheet, toss potatoes with **1 tablespoon oil**; season with **salt** and **pepper**. Roast on lower oven rack until deeply golden underneath, 12-15 minutes. Slice **half of the onion** into ¼-inch thick rings (save rest for own use).



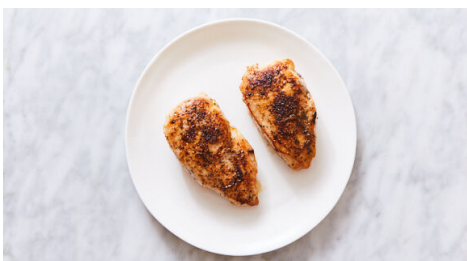
4. Finish vegetables

Flip **potatoes**; push to one side of the baking sheet. Add **broccoli** to open side; toss with **1 tablespoon oil**, and season with **salt** and **pepper**. Roast on lower oven rack until broccoli is browned in spots, and potatoes are crisp and golden, 5-8 minutes. Mash to combine **garlic butter** with a fork. Toss potatoes and broccoli with garlic-butter on baking sheet.



2. Caramelize onions

Heat **1 tablespoon oil** in a medium skillet over medium. Add **sliced onions**; season with **salt** and **pepper**. Cover and cook until onions are softened, 4-5 minutes. Uncover and cook, stirring, until deeply browned, 6-8 minutes (to prevent onions from sticking, add 1 tablespoon water at a time, as needed). Transfer to a bowl. Wipe out skillet and reserve for step 5.



5. Cook steak

While **vegetables** roast, pat **steaks** dry; season all over with **salt** and **pepper**.

Heat **1 tablespoon oil** in reserved skillet over medium-high. Add steaks and cook until browned and medium-rare, 3-4 minutes per side (or longer for desired doneness). Transfer to a plate and cover to keep warm.



3. Prep butter & broccoli

Finely grate **Parmesan** into a medium bowl. Finely grate **¼ teaspoon garlic** into same bowl. Pick and finely chop **parsley leaves**, discarding stems. Add **2 tablespoons each of butter and parsley** to bowl; set aside to soften butter at room temperature. Trim stem ends from **broccoli**, then cut crowns into 1-inch florets.



6. Make sauce & serve

Transfer **cooked onions, broth concentrate, ½ cup water, 1 tablespoon butter**, and **½ teaspoon vinegar** to same skillet; bring to a boil. Reduce heat to medium-low; cook, stirring, until sauce is reduced slightly, 2-3 minutes. Serve **steak** with **onions and sauce** spooned over top and sprinkled with **remaining parsley**. Serve with **garlic potatoes** and **broccoli** alongside. Enjoy!