

DINNERLY



Garlic-Butter Beef Strips with Green Beans & Creamy Cauliflower Mash

 20-30min  2 Servings

Choo choo! That's the gravy train coming through. It's loaded with garlic, butter, and beef broth! It's final destination is paradise: tender bites of beef, creamy cauliflower mash, and roasted green beans. We've got you covered!

WHAT WE SEND

- ½ lb green beans
- ¼ oz fresh parsley
- 12 oz cauliflower rice
- 1 oz sour cream⁷
- ½ lb pkg beef strips
- 1 pkt beef broth concentrate

WHAT YOU NEED

- garlic
- kosher salt & ground pepper
- butter⁷
- olive oil
- all-purpose flour (or gluten-free alternative)

TOOLS

- small saucepan
- potato masher or fork
- rimmed baking sheet
- medium nonstick skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 440kcal, Fat 31g, Carbs 18g, Protein 25g



1. Prep ingredients

Preheat broiler with a rack in the top position.

Finely chop **1 teaspoon garlic**. Trim ends from **green beans**. Finely chop **parsley leaves and stems** together.



2. CAULIFLOWER VARIATION

In a small saucepan, combine **cauliflower rice** and **¼ cup water**. Season with **salt** and **pepper**. Cover; bring to a boil. Uncover; cook until tender, 2–3 minutes.

Add **sour cream** and **1 tablespoon butter**; mash with a potato masher or fork. If too thick, stir in 1 tablespoon water at a time until desired consistency is reached. Cover to keep warm.



3. Broil green beans

On a rimmed baking sheet, toss **green beans** with **2 teaspoons oil** and a **pinch each of salt and pepper**. Broil on top oven rack until tender and browned in spots, 5–7 minutes (watch closely as broilers vary).



4. Brown steak & start gravy

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **beef** and cook, stirring once or twice, until browned all over, 3–5 minutes.

Season with **salt** and **pepper**, then sprinkle with **1 teaspoon flour**; cook, stirring, 1 minute more. Stir in **broth concentrate**, **chopped garlic**, **¼ cup water**, and **1 tablespoon butter**.



5. Finish gravy & serve

Continue to cook, stirring and scraping up any browned bits from the bottom, until **butter** is melted and **gravy** is slightly thickened, about 1 minute. Off heat, stir in **parsley**. Season to taste with **salt** and **pepper**.

Spoon **garlic-butter beef** over **sour cream mashed cauliflower**. Serve **green beans** alongside. Enjoy!



6. Take it to the next level

As an ode to steakhouse menus, add a quick creamed spinach side. Sauté shallots in butter, then add chopped spinach and cream.