



## Seared Steak with Crumbled Blue Cheese

Fried Brussels Sprouts & Mashed Cauliflower



35min



2 Servings

We found a way to turn your dining room into a fancy steakhouse! Here we pair juicy pan-roasted sirloin steaks with crumbled blue cheese—it slowly melts over the top of the cooked steaks providing richness with each bite. Crispy shaved Brussels sprouts tossed with honey and fresh garlic add another touch of decadence to this luxe dinner, along with mashed cauliflower. It's the perfect steakhouse meal!



## What we send

- 1 head cauliflower
- garlic
- ½ lb Brussels sprouts
- 2 scallions
- 10 oz pkg sirloin steaks
- ½ oz honey
- 1 oz blue cheese crumbles <sup>1</sup>

## What you need

- kosher salt & ground pepper
- ½ cup milk <sup>1</sup>
- butter <sup>1</sup>
- neutral oil

## Tools

- medium saucepan
- potato masher or fork
- microplane or grater
- medium heavy skillet (preferably cast-iron)

## Allergens

Milk (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 770kcal, Fat 60g, Carbs 28g, Protein 35g



### 1. Cook cauliflower mash

Cut **cauliflower** into 1-inch florets. Transfer to a medium saucepan with **1 large garlic clove** and enough **salted water** to cover by 1 inch. Cover; bring to a boil. Uncover; cook until tender, 15 minutes. Drain and return to saucepan. Add **½ cup milk** and **2 tablespoons butter**; mash with a potato masher or fork. Season to taste with **salt** and **pepper**; cover to keep warm.



### 2. Prep veggies

Finely grate **½ teaspoon garlic**. Trim **Brussels sprouts**, then thinly slice. Thinly slice **scallions**, keeping dark greens separate.



### 3. Sear steaks

Pat **steaks** dry, then season all over with **salt** and **pepper**. In a medium heavy skillet (preferably cast-iron), heat **1 tablespoon oil** over medium-high. Add steaks and cook until browned and medium-rare, 3–4 minutes per side (or longer for desired doneness). Wrap steaks in foil and set aside to rest. Wipe out skillet.



### 4. Fry Brussels sprouts

To same skillet, heat **¼-inch oil** over medium-high. Once oil is shimmering, reduce heat to medium. Add **half of the Brussels sprouts and scallion whites**. Cook, stirring, until crispy, 2–3 minutes (be careful, it may splatter!). Using a slotted spoon, transfer to a paper towel-lined plate; season with **salt**. Repeat with remaining Brussels sprouts, adjusting heat as needed.



### 5. Toss Brussels sprouts

In a medium bowl, combine **honey**, **grated garlic**, and **2 teaspoons water**. Add **fried Brussels sprouts** and toss to coat.



### 6. Finish & serve

Serve **steaks** with **mashed cauliflower** and **Brussels sprouts** alongside. Crumble **blue cheese** over **steaks** and garnish with **scallion dark greens**. Enjoy!