



Salisbury Steak & Steamed Broccoli

with Mushroom Gravy & Mashed Potatoes



30-40min



2 Servings

Is Salisbury steak really a steak? Or is it a burger with gravy? However you define it, no one questions its deliciousness! We form grass-fed ground beef into patties and brown them before adding to a succulent mushroom gravy. Creamy mashed potatoes alongside are perfect for sopping up the gravy, and buttery broccoli are a classic veggie side for this ultimate comfort meal.

What we send

- 2 potatoes
- ½ lb broccoli
- 2 (1 oz) cream cheese ¹
- 1 yellow onion
- 4 oz mushrooms
- 10 oz pkg grass-fed ground beef
- 1 oz panko ³
- ½ oz tamari soy sauce ⁴
- ¼ oz granulated garlic
- 1 pkt beef broth concentrate

What you need

- kosher salt & ground pepper
- 6 Tbsp unsalted butter ¹
- 1 large egg ²
- neutral oil
- all-purpose flour ³
- ketchup
- white wine vinegar (or red wine vinegar)

Tools

- medium saucepan
- potato masher or fork
- box grater
- medium skillet

Allergens

Milk (1), Egg (2), Wheat (3), Soy (4).
May contain traces of other allergens.
Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 1190kcal, Fat 74g, Carbs 78g, Protein 46g



THIS IS A CUSTOMIZED RECIPE STEP

We've tailored the instructions below to match your recipe choices. Happy cooking!

1. Prep ingredients

Peel **potatoes**; cut into 1-inch pieces. Place in a medium saucepan with enough **salted water** to cover by 1-inch. Bring to a boil over high heat, then cook on medium-low until easily pierced with a fork, 10-12 minutes. Reserve **½ cup cooking water**; drain potatoes and return to saucepan, off heat.

Cut **broccoli** into 1-inch florets, if necessary.



4. Cook patties & mushrooms

Heat **1 tablespoon oil** in a medium skillet over medium-high until shimmering. Add **patties**, dimpled side up. Lower heat to medium; cook until well browned on both sides, about 5 minutes per side. Transfer patties to a plate. Increase heat to medium-high; add **1 tablespoon oil** and **mushrooms**. Season with **salt** and **pepper**. Cook until mushrooms are lightly browned, 5-6 minutes.



2. Mash potatoes & prep

To saucepan, add **cream cheese** and **4 tablespoons butter**; mash with a potato masher or fork until smooth. Stir in enough **cooking water** to achieve desired consistency (start with ¼ cup); season to taste with **salt** and **pepper**. Keep covered until ready to serve.

Into a medium bowl, coarsely grate **half the onion**. Finely chop remaining half. Trim and thinly slice **mushrooms**.



5. Make mushroom gravy

Add **onions** to skillet and cook until softened and lightly golden, 2-3 minutes. Stir in **1 tablespoon flour**; cook for 1 minute. Whisk in **broth concentrate**, **remaining tamari**, **1 cup water**, and **1 teaspoon ketchup**. Bring to a simmer and cook until gravy is thick enough to coat the back of a spoon, 2-3 minutes. Whisk in **1 tablespoon butter** and **¼ teaspoon vinegar**.



3. Mix steaks

Into bowl with **grated onion**, add **beef**, **panko**, **half of the tamari**, **1 teaspoon granulated garlic**, **1 large egg**, and **½ teaspoon each of salt and pepper**; knead until combined. Shape into two ¾-inch thick oval patties. Form a dimple in the center of each patty.



6. Finish & serve

Return **patties** to skillet and spoon **gravy** over. In a medium microwave-safe bowl, combine **broccoli**, **1 tablespoon butter**, and **salt and pepper**, to taste. Cover and microwave on high until broccoli is bright green and hot, 2-3 minutes. Warm **potatoes** over medium-low heat, if necessary. Serve **Salisbury steaks** and **gravy** with **potatoes** and **broccoli** alongside. Enjoy!