

# DINNERLY



## Everything Bagel Crusted Steak with Cauliflower Mash



20-30min



2 Servings

Can one plate have it all? Yes, 100%. The proof is on this plate with everything-bagel-seasoning-crusted steak and creamy cauliflower mash. You'll feel like you're dining at a fancy steakhouse, but, like, in the comfort of your own home. No cloth napkin required. We've got you covered!



## WHAT WE SEND

- 1 head cauliflower
- 2 scallions
- ½ lb pkg sirloin steak
- ¼ oz everything bagel seasoning <sup>11</sup>

## WHAT YOU NEED

- kosher salt & ground pepper
- butter <sup>7</sup>
- olive oil

## TOOLS

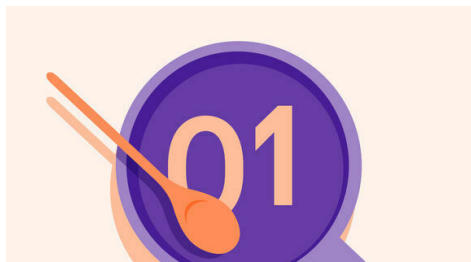
- medium saucepan
- potato masher or fork
- medium skillet

## ALLERGENS

Milk (7), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

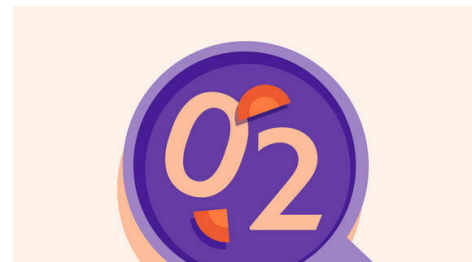
## NUTRITION PER SERVING

Calories 390kcal, Fat 28g, Carbs 12g, Protein 23g



### 1. CAULI MASH VARIATION

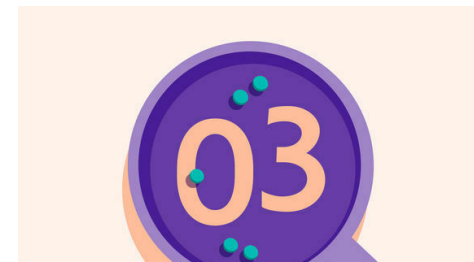
Cut **cauliflower**, into ½-inch florets. Place in a medium saucepan with enough **salted water** to cover by 1 inch. Cover and bring to a boil over high. Lower heat to medium and simmer, uncovered, until tender, 10–12 minutes. Reserve ¼ cup **cooking water**. Drain and return cauliflower to saucepan off heat until step 3.



### 2. Prep scallions & steaks

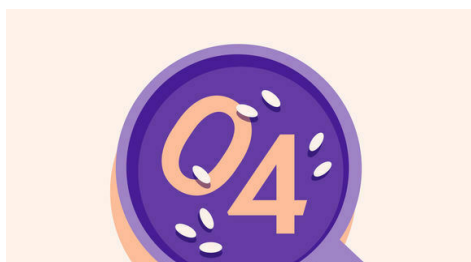
While **cauliflower** boils, trim ends from **scallions** and thinly slice, keeping dark greens separate.

Pat **steaks** dry, then season all over with **everything bagel seasoning**.



### 3. Mash cauliflower

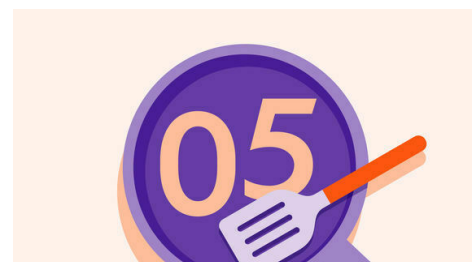
To saucepan with **cauliflower**, add 2 **tablespoons butter** and **reserved cooking water**. Mash with a potato masher or fork until smooth. Season to taste with **salt** and **pepper**. Cover to keep warm off heat until ready to serve.



### 4. Cook steaks & scallions

Heat 2 **teaspoons oil** in a medium skillet over medium-high. Add **steaks** and cook until well browned and medium-rare, 2–3 minutes per side (or longer for desired doneness). Transfer to a cutting board to rest.

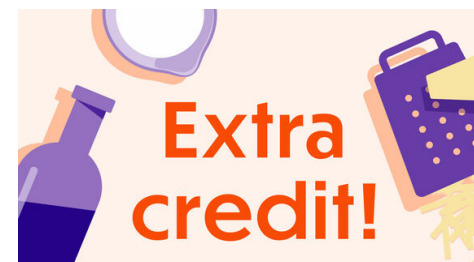
To same skillet, add **scallion whites** and **light greens**; cook over medium-high heat until fragrant, about 30 seconds.



### 5. Make pan sauce & serve

To skillet with **scallions**, whisk in ½ cup **water**. Bring to a boil; cook until **sauce** is thick enough to coat the back of a spoon, 3–5 minutes. Remove from heat and swirl in 1 **tablespoon butter** until melted; season to taste.

Thinly slice **steaks** and serve with **mashed cauliflower** alongside. Top with **scallion dark greens** and **pan sauce**. Enjoy!



### 6. Did you know?

As we made the switch to becoming a paperless company at our US and Australian sites, 2.6 million sheets of paper waste was avoided in 2020. As we implement this in all our sites, it will allow us to save more than 6 million sheets of paper per year globally.