

Kentucky Bourbon Steak

We took our inspiration from the flavors of classic Kentucky bourbon this week. We're cooking up a sweet and savory sauce that is perfect over seared steak. Served with a crunchy zucchini and veggies slaw and cinnamon apple crumble, it's comfort food at its best.

20 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisks *Easy*

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

5 MEEZ CONTAINERS

Apple

Cinnamon Crumble

Steak

Bourbon Sauce

Veggie Slaw

Good To Know

Health snapshot per serving – 980 Calories, 39g Protein, 64g Fat, 65g Carbs, 35 Freestyle Points

Lighten Up snapshot per serving – 740 Calories, 46g Fat, 49g Carbs, 24 Freestyle Points by using half of the bourbon sauce and half the cinnamon apple crumble.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339

INGREDIENTS: Bistro Chateau Steak, Apple, Zucchini, Summer Squash, Red Onions, Carrots, Peanuts, Cream, Dijon Mustard, Mayonnaise, Brown Sugar, White Vinegar, Bourbon, Tamari, Maple Syrup, Lemon Peel, Cinnamon, Horseradish, White Pepper, Lemon Juice, Sugar.

meez *meals*

1. **Make the Cinnamon Apple Crumble**

Slice each **Apple** in half and then in quarters. Remove the core from each quarter. Slice into ½" slices. Heat 1 Tbsp oil in a large skillet over high heat. Cook the apples until tender, about 3 minutes. Add the **Cinnamon Crumble** and stir until the sugar has melted and the apples are well coated. Transfer the apple crumble to a serving bowl. Wipe out the skillet.

2. **Cook the Steak**

Heat 1 Tbsp of oil in the now-empty skillet over high heat. While the skillet is heating, pat the **Steak** dry with a towel and season generously with salt and pepper (we recommend ½ tsp of each). When the oil is hot, add the steaks.

Cook until the bottoms brown & sides start to color, about 3 minutes. Flip and continue cooking for 3 minutes if you like your steak **medium-rare**. (Cook for 4 minutes for **medium**, and 5 to 6 for **well done**). Set aside to rest for 5 min. Do not wipe out the skillet.

3. **Heat the Sauce**

While the steaks are resting, add the **Bourbon Sauce** to the now-empty skillet and bring to a boil. Cook until it thickens (sauce should be able to coat the back of a spoon) and reduces by half, about a minute. Turn off the heat.

4. **Put It All Together**

Serve the steaks alongside the **Veggie Slaw** and apple crumble. Spoon the bourbon sauce over top of the steak and enjoy!

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois