



CAJUN-SPICED STEAK WITH SHRIMP DIRTY RICE

plus Roasted Green Beans & Dijon Pan Sauce

INGREDIENTS

2 PERSON | 4 PERSON



6 oz | 12 oz
Green Beans



1 | 2
Green Bell
Pepper



1 | 2
Onion



¼ oz | ½ oz
Parsley



½ Cup | 1 Cup
Jasmine Rice



2 | 4
Seafood Stock
Concentrates
Contains: Fish,
Shellfish



10 oz | 20 oz
Bavette Steak



1 TBSP | 2 TBSP
Cajun Spice
Blend



1 | 2
Chicken Stock
Concentrate



2 tsp | 4 tsp
Dijon Mustard



3 TBSP | 6 TBSP
Sour Cream
Contains: Milk



10 oz | 20 oz
Shrimp
Contains: Shellfish



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!

HELLO

DIRTY RICE

Sautéed bell pepper and onion plus seafood stock and Cajun spices make it "dirty"!



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 790



GIVE IT A REST

Let the steak stand for at least 5 minutes after cooking. The extra time before slicing gives the juices a chance to redistribute, keeping the meat moist.

BUST OUT

- Small pot
 - Aluminum foil
 - Baking sheet
 - Whisk
 - Paper towels
 - Small bowl
 - Large pan
-
- Kosher salt
 - Black pepper
 - Cooking oil (4 tsp | 4 tsp)



1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim **green beans** if necessary. Core, deseed, and dice **bell pepper** into ½-inch pieces. Halve, peel, and dice **onion** into ½-inch pieces. Roughly chop **parsley**.



2 START RICE

- In a small pot, combine **rice**, **seafood stock concentrates**, **¾ cup water**, and a **pinch of salt** (use a **medium pot** and **1½ cups water** for 4 servings).
- Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes. Keep covered off heat until ready to use in Step 6.



3 ROAST GREEN BEANS

- While rice cooks, toss **green beans** on a baking sheet with a **drizzle of oil**, **salt**, and **pepper**.
- Roast on top rack until tender and browned, 12-15 minutes.



4 COOK STEAK

- While green beans roast, pat **steak*** dry with paper towels and season generously all over with **half the Cajun Spice Blend** (you'll use the rest later), **salt**, and **pepper**.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add steak and cook to desired doneness, 5-7 minutes per side. Transfer to a cutting board and tent with foil until ready to serve. **TIP: If steak is browning too quickly, lower heat and cover pan.**
- Let pan cool slightly.



5 MAKE PAN SAUCE

- Return pan used for steak to medium heat; whisk in **chicken stock concentrate**, **mustard**, and **½ cup water** (¾ cup for 4 servings).
- Bring to a simmer and cook, scraping up any browned bits from the bottom of the pan, until sauce has thickened, 1-2 minutes.
- Remove from heat; whisk in **sour cream** until completely blended. Taste and season with **salt** and **pepper** if desired. Transfer to a small microwave-safe bowl. Wash out pan.



6 FINISH RICE

- Once rice is done cooking, rinse **shrimp*** under cold water, then pat dry with paper towels. Season all over with **remaining Cajun Spice Blend**, **salt**, and **pepper**.
- Heat a **large drizzle of oil** in pan used for steak over high heat. Once pan is hot, add shrimp, **bell pepper**, and **onion**. Cook, stirring occasionally, until veggies are tender and shrimp are opaque and cooked through, 5-7 minutes.
- Add **cooked rice** and **parsley** to pan and cook, stirring constantly, until everything is well combined, 1-2 minutes. (For 4 servings, cook shrimp and veggies in batches, then mix everything together in a large bowl.)



7 FINISH & SERVE

- Thinly slice **steak** against the grain.
- Divide **dirty rice**, **green beans**, and steak between plates in separate sections. Top steak with **pan sauce** and serve. **TIP: If needed, reheat sauce in the microwave for 30 seconds.**

*Steak is fully cooked when internal temperature reaches 145°.

*Shrimp are fully cooked when internal temperature reaches 145°.