

TERIYAKI STRIP

with Roasted Vegetables

Preparation Time: 25-30 Mins

INGREDIENTS

- Marinated Steak
- Vegetables

FROM YOUR KITCHEN

- Salt & Pepper
- Oil
- Mixing Bowl
- Frying Pan
- Baking Sheet
- Parchment Paper (optional)

STEP 1

WASH your hands and ORGANIZE your ingredients. We have conveniently provided a listing of the ingredients you will need in the order that you will need them.

STEP 2

Preheat oven to 375°.

STEP 3

In a mixing bowl, toss vegetables in 2 tbsp oil and pinch of each, salt and pepper. Transfer to oven-safe casserole dish and place in oven. BAKE for 15-20 minutes or until desired tenderness.

STEP 4

Heat 1 tbsp oil in a frying pan on HIGH heat. Heat until oil is nearing a smoking point** Sear beef, flipping every 1 minute, until desired tenderness. Remove from heat.

STEP 5

Transfer steak to plate or cutting board and let rest for 5-7 minutes, or until vegetables are cooked.

LET'S EAT!

PORTION and plate your beef and roasted vegetables. Salt and pepper to taste.

PRO TIP

** Oil is at temperature when a droplet of water instantly sizzles on contact

*** Exact temperatures are as follows: 125° Medium Rare / 135° Medium / 150° Medium Well / 160° Well Done



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