



*Cast Iron steak with roasted veggies in a brown butter sauce, with blistered potatoes and a fresh garden salad*

Cut - Choice beef (or any protein)  
1 - Large Shittake mushroom  
3 - Pealed and diced carrots  
Bunch - Purple asparagus  
Bunch - Potatoes  
1 tbsp. - Soy sauce  
1 tbsp. - Water  
1 tbsp. - Sesame seeds  
Salt and Pepper  
Garlic Powder  
Chinese 5 spice, and a bit of cayenne (optional)  
4oz - Butter  
1 tbsp. - orange zest  
2 tbsp. - orange juice

Pre-heat oven to 400. Toast fresh sesame seeds or use pre toasted. Boil 3 pealed and diced carrots until softened. Add to food processor with one Tablespoon sesame seeds, one-tablespoon soy sauce and one-tablespoon water. Blend until smooth.

Slice potatoes into 1/4 inch slices. Heat the cast iron pan until very hot. With 2 Tablespoons high heat oil (preferred avocado) sear your potatoes until crispy then flip. Once both sides are brown switch to a baking sheet, salt and pepper. And transfer to the oven for approx. 20 minutes. Set timer.

In same cast iron sear your asparagus or veggie of choice until 50% cooked. Then season the steak with salt, pepper, garlic powder, Chinese 5 spice, and a bit of cayenne. When veggies are half cooked add steak and sear one side until nicely browned. Flip protein and add 4 ounces of butter. Rotate veggies and put in the oven for 4-6 minutes.

Remove from oven and remove from cast iron to rest. On medium high heat add 1 Tablespoon orange zest 2 Tablespoon orange juice. Wish until browned and remove from heat. Sate' mushrooms or garnish with butter. The plating is the most fun. Look on our Facebook for inspiration! A quick smear of your pure', assorted veggies and potatoes, steak placement, and then generously cover with your brown butter sauce.

Salad:

1 - Cucumber (thinly sliced)

Bunch - Radishes

Bunch - Kale

$\frac{1}{4}$  - Onion

Head - Red Butter Lettuce (Chopped or shredded)

Italian dressing: salt, pepper, and fresh orange juice.

Salad. Thin slice cucumber, radishes, onion, oranges, and Kale. Chop or shred lettuce, and then add ingredients to salad bowl and toss with a small amount of Italian dressing, salt, pepper, and fresh orange juice.



We strive to delivery fresh healthy food with kindness every day.

Chef William Snyder  
Curbside King