bistro steaks and frites with strawberry spring salad

TOTAL TIME
30 minutes
MAKES 4 SERVINGS

APRON'S ADVICE

Complete your meal with multi-grain bread, sweet tea, and cheesecake for dessert. French fries, frites, Belgian fries, or chips—whatever name you call them, everyone loves them. Typically served with burgers, we've taken them up a notch for this steak meal.

SHOPPING LIST

Bakery
3 tsp bread dip seasoning (any flavor)

Dairy
3 tbsp shredded Parmesan cheese blend

Dry Grocery
1 tbsp balsamic glaze (optional)
1 cup glazed nut and fruit trail mix

Frozen
1/2 of a (26-oz) bag French fries

Meat
1 1/2 lb grilling steaks (NY-strip, ribeye, or tenderloin)

Produce
1/4 cup champagne salad dressing
1-oz bag fresh basil
2 cups fresh strawberries
1 bag (4-5 oz) mixed salad greens

From Your Pantry
1 tbsp + 1 tsp canola oil

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COOKING SEQUENCE

- Prepare steak and fries - 25 minutes
- Prepare salad; serve - 5 minutes

bistro steaks and frites

INGREDIENTS

1 tablespoon fresh basil, finely chopped
1 1/2 lb grilling steaks (NY-strip, ribeye, or tenderloin)
1 tablespoon + 1 teaspoon canola oil
3 teaspoons Bakery bread dip seasoning (any flavor), divided
1/2 of a (26-oz) bag frozen French fries
3 tablespoons shredded Parmesan cheese blend
1 tablespoon balsamic glaze (optional)

PREP

- Preheat oven to 450°F. Preheat grill pan on medium-high (or preheat grill).
- Chop basil leaves.

STEPS

1. Coat both sides of steaks with 1 tablespoon of the canola oil and sprinkle with 2 teaspoons seasoning (we suggest the Sicily blend). Let stand 10 minutes to marinate.
2. Bake fries following package instructions. Note: Add extra bake time for crispier fries.
3. Place steaks in grill pan (or on grill); grill 3–4 minutes on each side or until 145°F (for medium-rare). Let steaks stand 5–10 minutes before serving.
4. Combine in medium bowl: remaining 1 teaspoon seasoning, basil, and cheese; add fries and toss to coat. Stir in remaining 1 teaspoon oil until evenly coated. Drizzle steaks with glaze. Serve.

CALORIES (per 1/4 recipe) 590kcal; FAT 28g; CHOL 160mg; SODIUM 950mg; CARB 26g; FIBER 3g; PROTEIN 54g; VIT A 4%; VIT C 20%; CALC 8%; IRON 25%

strawberry spring salad

INGREDIENTS

2 cups fresh strawberries, quartered
1 bag mixed salad greens (4–5 oz)
1 cup glazed nut and fruit trail mix
1/4 cup champagne salad dressing

PREP

- Cut strawberries into quarters.

STEPS

1. Place all ingredients in salad bowl.
2. Toss and serve.

CALORIES (per 1/4 recipe) 190kcal; FAT 9g; CHOL 0mg; SODIUM 180mg; CARB 28g; FIBER 5g; PROTEIN 2g; VIT A 25%; VIT C 70%; CALC 8%; IRON 6%

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