



Monterey Risotto with Grilled Skirt Steak & Sautéed Mushrooms

Servings

2

Calories

790

Prep Time

5 minutes

Total Time

20 minutes

Skill Level

Medium

Ingredients

1 (8.75 ounces) package Monterey Risotto Nourish Bowl™

1 pound skirt steak

salt and ground black pepper to taste

2 tablespoons unsalted butter

1 pint brown mushrooms, sliced

2 garlic cloves, minced



The Method

Pat steaks dry and sprinkle both sides with salt and pepper, pressing to help adhere. Grill steaks on an outdoor grill over high heat (covered only if using a gas grill), 3-4 minutes per side for medium-rare. Transfer steaks to a cutting board and let stand, loosely covered with foil, 5 minutes. Thinly slice

steaks diagonally. While the steaks are grilling, prepare the mushrooms. In a medium sauté pan, melt the butter over medium-high heat. Once the foam has subsided, add the mushrooms and sauté for 4-5 minutes, until they release their liquid and begin to caramelize around the edges. Season with salt and pepper and add minced garlic. Cook, stirring, for 1 minute more. Remove from heat. Meanwhile, prepare the Monterey Risotto according to package instructions. To serve, divide the contents of the Nourish Bowl evenly onto 2 dinner plates. Add the sliced skirt steak and sautéed mushrooms. Serve immediately with extra Parmesan cheese, if desired.

Nutrition Facts

Serving Size: 440g | Servings: 2

Amount Per Serving

Calories 790 | Total Fat 49g (sat fat 20g trans 0g) | Cholesterol 175mg | Sodium 440mg | Total Carbohydrate 22g | Dietary Fiber 3g | Sugars 6g (Includes 0g Added Sugars) | Protein 65g | Vitamin D 0% | Calcium 8% | Iron 40% | Potassium 30%