



Ingredients



2 Steaks 🔄



½ lb Broccoli



1 Tbsp Sesame Oil



3 Tbsps Roasted Peanuts



1 12-oz New York Strip Steak 🔄



4 oz Mushrooms



2 Tbsps Soy Glaze



½ cup Pearled Barley



1 Tbsp Rice Vinegar



2 tsps Gochujang



1 Cook the barley

- · Place an oven rack in the center of the oven; preheat to 450°F.
- Fill a medium pot 3/4 of the way up with salted water; cover and heat to boiling on high.
- Once boiling, add the barley and cook, uncovered, 28 to 30 minutes, or until tender.
- Turn off the heat. Drain thoroughly and return to the pot.



2 Prepare the ingredients & make the sauce

- Meanwhile, wash and dry the fresh produce.
- Cut off and discard the bottom 1/2 inch of the broccoli stem; cut the broccoli into small florets.
- Cut the mushrooms into bitesized pieces.
- Roughly chop the peanuts.
- In a medium bowl, combine the soy glaze, half the vinegar, and as much of the gochujang as you'd like, depending on how spicy you'd like the sauce to be.

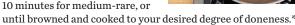


- · Once the barley has cooked about 10 minutes, place the broccoli florets and mushroom pieces on a sheet pan.
- Drizzle with olive oil and season with salt and pepper; toss to coat. Arrange in an even layer.
- · Roast 14 to 16 minutes, or until browned and tender when pierced with a fork. Remove from the oven.



4 Cook the steaks

- Meanwhile, pat the steaks dry with paper towels; season with salt and pepper on all sides.
- In a medium pan, heat 2 teaspoons of olive oil on medium-high until hot.
- · Add the seasoned steaks. Cook, turning occasionally, 8 to



• Transfer to a cutting board and let rest at least 5 minutes.

CUSTOMIZED STEP 4 If you chose Strip Steak

- Follow the directions in Step 5, but cook the **steak** 5 to 7 minutes per side for medium-rare, or until browned and cooked to your desired degree of doneness.*

5 Finish the barley & serve your dish

- To the pot of cooked barley, add the roasted vegetables. sesame oil, remaining vinegar, and a drizzle of olive oil. Season with salt and pepper; stir to combine.
- Find the lines of muscle (or grain) on the rested steaks; slice crosswise against the grain.



• Serve the finished barley topped with the sliced steaks, sauce, and chopped peanuts. Enjoy!



CUSTOMIZED STEP 5 If you chose Strip Steak

- Finish the barley and serve your dish as directed, but thinly slice the steak.

*An instant-read thermometer should register 145°F.

NUTRITION PER SERVING (AS PREPARED)**

Calories: 730, Total Carbohydrates: 57g, Dietary Fiber: 11g, Added Sugars: 10g, Total Fat: 38g, Saturated Fat: 11g, Protein: 43g, Sodium: 1630mg.

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Produced in a facility that processes crustacean

shellfish, egg, fish, milk, peanuts, soy, tree nuts,

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