

Braised Beef over Polenta

Description

Serves 2–3. Tender beef in an aromatic tomato-based sauce flavored with fresh thyme, carrots, and sliced onion. Served over creamy polenta.

Entrée Includes: Braised Beef over Polenta. Salad shown in photo is a serving suggestion.

Cooking Instructions

This dish contains 3 parts: Beef, Vegetables, and Polenta.

Note: There are stems from fresh thyme in this dish. Remove before serving.

Cooking Method: QuickThaw/Sauté

Beef and Vegetables: Partially thaw beef by submerging the well-sealed bag in water for 15 minutes. In a large skillet over medium-high heat, add a little oil. Sauté beef approximately 2–4 minutes per side. Push beef to the side and add vegetables. Use a spoon to spread vegetables out in the skillet and cook until they begin to soften. Lower heat to medium and simmer, covered, stirring occasionally, until vegetables are tender, approximately 10–15 minutes.

Polenta:

1. In a small pot, add polenta mix, 1 1/2 cups water, and 2 tablespoons olive oil or butter, if preferred.
2. Mix well.
3. Bring to a boil over medium-high heat.
4. Reduce heat to low and stir occasionally until polenta thickens.
5. If you prefer thinner polenta, add a little more warm water and stir.

Finish: Spoon braised beef over mounds of polenta.

Internal temp: 165°F.

Serving Suggestions: Serve with a green salad. Cabernet.

Please Note: Cooking times are estimates and vary based on your actual stovetop, pan, equipment, item thickness, and starting temperature. For best results, always verify the internal temperature of your meals. We recommend instant-read pocket thermometers – they are inexpensive, convenient, and very easy to use.

Nutritional Information

Per Serving: Nutritional information coming soon.

Contains: Dairy. Soy. Fish.

Lifestyle: Gluten-Free. Nut-Free.

Ingredients: beef, sliced onion, diced mushroom, sliced celery, shredded carrot, tomato paste, red wine, extra virgin olive oil, gluten-free/dairy-free beef base, thyme, garlic, canola oil, sugar, Worcestershire sauce, salt, pepper, garlic powder, onion powder, spices.

Polenta: cornmeal, powdered milk, salt, pepper.

Please Note: Because Dinner Done dishes are hand-crafted, exact information may vary. Nutritional information calculated based on 3 servings per entrée.



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