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Beef with Sautéed Cauliflower & Buttery Grits

Recipe Courtesy of Chef Seth Freedman, Forage & Flame

Buttery Grits

1 cup whole milk
2 cups water, divided*
1 teaspoon kosher salt*
1/2 cup grits
4 teaspoons butter**

Sautéed Cauliflower

1 pound cauliflower, cut into
1" wedges
3 tablespoons cooking oil,
divided*
salt and pepper, to taste*
4 oz. water*

Sautéed Beef

10 ounces beef stir-fry
meat, chopped into small
pieces
2 each green onions,
chopped
Beef Spice Blend:
{1/8 teaspoon cinnamon
1/4 teaspoon cumin}
salt & pepper, to taste*

*Ingredients not included in
your PeachDish box.

**1 pat = approximately 2
teaspoons butter

1. Please read entire recipe card before beginning.
2. Prepare the ingredients by: cutting cauliflower; chopping the beef and chopping the green onions.
3. Combine milk, water, and kosher salt in a small sauce pot over and bring to a simmer, while occasionally stirring, over medium heat. Stir in the grits with a whisk, and continue to stir as they return to a simmer.
4. Lower heat to medium-low and cook 25-30 minutes. Stir along the bottom every 5 minutes or so with a whisk and/or flat-edged wooden spoon to avoid scorching the pot.
5. Heat skillet over medium-high heat, add 2 tablespoons oil. Add cauliflower flat-side down. Season to taste with salt and pepper. Cook for 5 minutes, then turn and cook 2 more minutes. Add 4 ounces water. Cook till dry.
6. Remove cauliflower from pan and set aside.
7. Place pan over high heat and add remaining 1 tablespoon oil. Add beef in a single layer and cook 1 minute without stirring, to brown. Stir in green onions, spice blend and salt and pepper. Cook while stirring for 1 minute more, or just until beef is fully cooked. Remove from heat immediately.
8. Stir butter into grits, adjust consistency and seasoning. Enjoy!

Yield: 2 servings

Preparation Time : 15 minutes

Cook Time: 20 minutes