

Happy Father's Day from eMeals



# Father's Day

menu

serves 6



Flank Steak with Parsley-Garlic Sauce

Buttery Grilled Corn

Portobello Mushrooms with Soy Sauce

Easy Greek Salad

Grilled Garlic Bread

Caramel-Brownie Chunk Milkshakes



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# eMeals Recipe Card—Recipe 1

## Flank Steak with Parsley-Garlic Sauce

### Ingredients

¾ cup finely chopped flat-leaf parsley  
½ cup extra-virgin olive oil  
2 tablespoons red wine vinegar  
1 tablespoon minced garlic  
¼ teaspoon crushed red pepper  
1 teaspoon salt, divided  
1 ¾ lb flank steak (about 1-inch-thick)  
¾ teaspoon ground black pepper



### Instructions

1. Combine parsley, oil, vinegar, garlic, red pepper and ¼ teaspoon salt in a small bowl; let stand at least 10 minutes.
2. Preheat grill to medium-high heat.
3. Sprinkle steak with ¾ teaspoon salt and black pepper.
4. Place steak on a grill rack coated with cooking spray.
5. Grill 5 minutes on each side or to desired degree of doneness.
6. Let stand 10 minutes.
7. Thinly slice steak across the grain.
8. Serve with sauce.

Note: If you have time, rub ¼ cup Parsley-Garlic Sauce over steak before grilling, if desired.



# eMeals Recipe Card—Recipe 2

## Buttery Grilled Corn

### Ingredients

6 ears fresh corn with husks

½ teaspoon salt

½ teaspoon pepper

2 tablespoons butter



### Instructions

1. Microwave corn in husks, 3 ears at a time, 6 to 8 minutes; cool slightly.
2. Preheat grill to medium-high heat.
3. Peel back husks; discard silks.
4. Lightly spray corn with cooking spray; sprinkle with salt and pepper.
5. Tie husks over corn or discard.
6. Grill corn 2 to 3 minutes or until lightly charred.
7. Rub corn with butter.



# eMeals Recipe Card—Recipe 3

## Portobello Mushrooms with Soy Sauce

### Ingredients

6 (4-inch) portobello mushrooms, stems removed

3 tablespoons soy sauce

1 tablespoon olive oil

¼ teaspoon salt

¼ teaspoon pepper



### Instructions

1. Place mushrooms, soy sauce and oil in a large zip-top plastic bag; toss to coat. Let stand 10 minutes.
2. Preheat grill to medium-high heat.
3. Place mushrooms, gill side up, on grill rack coated with cooking spray.
4. Cook 5 minutes on each side or until tender.
5. Sprinkle with salt and pepper.



# eMeals Recipe Card—Recipe 4

## Easy Greek Salad

### Ingredients

12 oz package salad mix

1 medium tomato, chopped

1 medium cucumber, chopped

½ cup crumbled feta cheese

½ cup pitted kalamata olives

½ cup Greek salad dressing



### Instructions

1. Place salad in a serving bowl.
2. Add tomato, cucumber, feta cheese and olives.
3. Drizzle with dressing.
4. Toss.



# eMeals Recipe Card—Recipe 5

## Grilled Garlic Bread

### Ingredients

- 1 loaf French bread, halved lengthwise
- 4 large garlic cloves, halved
- 3 tablespoons butter, melted
- ¼ teaspoon salt
- ¼ teaspoon pepper



### Instructions

1. Preheat grill to medium-high heat.
2. Lightly coat cut sides of bread with cooking spray.
3. Place bread, cut side down, on a grill rack coated with cooking spray; grill 2 minutes or until toasted.
4. Rub bread with cut sides of garlic.
5. Drizzle with butter; sprinkle with salt and pepper.



# eMeals Recipe Card — Recipe 6

## Caramel-Brownie Chunk Milkshakes

### Ingredients

½ cup milk

4 cups vanilla ice cream

3 store bought or homemade brownies, chopped

Caramel or hot fudge topping (optional)



### Instructions

1. Place milk in a blender.
2. Add ice cream; blend until smooth.
3. Add half of brownies to blender; pulse until brownies are blended.
4. Spoon into glasses; drizzle with desired topping.
5. Top milkshakes with remaining brownies.





## Father's Day Menu for 6

RECIPE #	X	Grocery Items To Purchase	PRICE:	NECESSARY STAPLES:
		<b><i>Bakery &amp; Deli</i></b>		<b>RECIPE 1</b>
5		1 loaf French bread	1.58	½ cup extra-virgin olive oil
	<b>X</b>	<b><i>Produce</i></b>		2 tablespoons red wine vinegar
1		1 bunch flat-leaf parsley, for ¾ cup	.72	1 tablespoon minced garlic
2		6 ears fresh corn	2.16	¼ teaspoon crushed red pepper
3		6 (4-inch) portobello mushrooms	8.82	<b>RECIPE 2</b>
4		12-ounce package iceberg lettuce mix	2.19	2 tablespoons butter
4		1 medium tomato	1.44	<b>RECIPE 3</b>
4		1 medium cucumber	.68	3 tablespoons soy sauce
	<b>X</b>	<b><i>Meat &amp; Seafood</i></b>		1 tablespoon olive oil
1		1 ¾ lb flank steak	8.72	<b>RECIPE 4</b>
	<b>X</b>	<b><i>Refrigerated</i></b>		None
4		4 oz container crumbled feta cheese	2.00	<b>RECIPE 5</b>
	<b>X</b>	<b><i>Frozen</i></b>		4 cloves garlic
6		1 .75 quart container vanilla ice cream, for 4 cups	3.38	3 tablespoons butter
	<b>X</b>	<b><i>Canned &amp; Packaged</i></b>		
4		16 oz bottle Greek vinaigrette, Wishbone	1.98	<b>RECIPE 6</b>
4		8 oz jar kalamata olives	3.99	½ cup milk
6		28 oz container brownies, for 3 brownies, Little Debbie	1.79	Caramel or hot fudge topping (optional)
		<b>TOTAL APPROXIMATE COST:</b>	<b>\$39.45</b>	<b>Copyright © 2013, eMeals, Inc.</b>