

# BALSAMIC BEEF & BRUSSELS SPROUTS

1. Allow your meal to gently thaw in the fridge for 6-8 hours before cooking (if skipping this step, add 15-20 supervised minutes to the cooking time).
2. Line your sheet pan with aluminum foil for easy clean-up.
3. Place meal (in a single layer) on lined cookie sheet. Spread as thinly as possible.
4. Bake at 350 degrees for 45-50 minutes.

**NEEDED FOR SERVE DAY:**

n/a

**PREP TIME:** 45-50 mins **SERVES:** 4-6