



OCT  
2016

## Oven-Baked Steak with Roasted Veggies and Parmesan Mash

This steak will be perfectly juicy and tender after searing each side and just a few minutes in the oven. Roasting the vegetables with the steak make this dish extra easy and fabulous. Look out for this Parmesan mash too; it's an absolute winner.

 **Prep**  
30 min

 **level 1**



Sirloin Steak



Mini Yukon  
Potatoes



Garlic



Carrots



Broccoli



Rosemary



Parmesan Cheese

## Ingredients

Sirloin Steak		2 pkg (570 g)
Mini Yukon Potatoes		1 pkg (680 g)
Carrot		2
Broccoli, rosettes		1 pkg (340 g)
Rosemary		1 pkg (7 g)
Parmesan Cheese, shredded	1)	1 pkg (½ cup)
Butter*	1)	1 tbsp
Olive or Canola Oil*		

## 4 People

\*Not Included

## Allergens

1) Milk/Lait

## Tools

Large Baking Sheet, Peeler,  
Large Pot, Large Non-Stick Pan

Ruler

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**Nutrition per person** Calories: 468 cal | Fat: 15 g | Protein: 41 g | Carbs: 45 g | Fibre: 9 g | Sodium: 372 mg

*Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*



**1 Preheat the oven to 400°F. (To roast the veggies and steak.)**  
**Start prepping when the oven comes up to temperature!**

**2 Prep: Wash and dry all produce.** Peel (if desired), and cut the **potatoes** into ½-inch pieces. Cover the potatoes with cold water in a large pot and bring it to a boil over medium-high until potatoes are fork-tender, 12-14 min.



**3 Roast the veggies:** Meanwhile, cut the **carrot** into ¼-inch rounds. Finely chop **1 tbsp rosemary leaves**. Toss the **broccoli** and **carrots** with a drizzle of **oil** on a large baking sheet. (**TIP:** Use 2 baking sheets if you don't have a large one!) Season with **salt** and **pepper**. Roast in the centre of the oven, stirring halfway through cooking, until veggies are golden and tender, 20-25 min.



**4 Sear the steak:** Season the **steak** with **rosemary, salt** and **pepper**. Heat a large non-stick pan over medium-high. Add a drizzle of **oil**, then the **steak**. Sear until golden-brown on the outside, 1-2 min per side. Make some space on the veggie sheets in the oven. Transfer the steak to the baking sheets to roast alongside the veggies. Roast until steak is cooked to desired doneness, 6-8 min (**TIP:** Inserting a thermometer into a medium steak should display an internal temperature of 160°F.)

**NOTE:** Due to the hurricane there is a green bean scarcity this week. Oh no! So we've subbed green beans for broccoli. We're sorry that it doesn't match the photo but we hope you eat all your greens anyway.

**5 Mash the potatoes:** Drain the **potatoes**, reserving **1/2 cup water** and return to the pot. Using a potato masher or fork, mash in the **Parmesan, butter** and **reserved potato water** (**DO:** measure out) until creamy.

**6 Finish and serve:** Slice the **steak** and serve alongside a scoop of **Parmesan mash** and a side of **roasted veggies**. Enjoy!

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