



MAR
2017

Pan-Seared Steak

with Roasted Potato Coins, Garlic Spinach and Creamy Mustard Sauce

We believe there are three key elements to a killer steak dinner. First you've got to have awesome quality steak. Next, delicious potatoes (we love them roasted!). And finally, a tasty sauce to crown your glory.



Sirloin Steak



Mini Yukon Potatoes



Baby Spinach



Garlic



Mustard Seeds



Dijon Mustard



Sour Cream



Beef Broth Concentrate

Ingredients

	2 People	4 People	*Not Included
Sirloin Steak	1 pkg (340 g)	2 pkg (680 g)	
Mini Yukon Potatoes	1 pkg (340 g)	2 pkg (680 g)	
Baby Spinach	1 pkg (113 g)	2 pkg (227 g)	
Garlic	1 pkg (10 g)	2 pkg (20 g)	
Mustard Seeds	2) 1 pkg (2 tsp)	2 pkg (4 tsp)	
Dijon Mustard	2) 3) 2 pkg (1 tbsp)	4 pkg (2 tbsp)	
Sour Cream	1) 1 pkg (3 tbsp)	2 pkg (6 tbsp)	
Beef Broth Concentrate	1 pkg	2 pkg	
Butter*	1) 1 tbsp	2 tbsp	
Olive or Canola Oil*			

Allergens

- 1) Milk/Lait
- 2) Mustard/Moutarde
- 3) Sulphites/Sulfites

Tools

Baking Sheet, Medium Pan, Measuring Cups, Measuring Spoons

Ruler

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Nutrition per person Calories: 552 cal | Fat: 27 g | Protein: 42 g | Carbs: 36 g | Fibre: 5 g | Sodium: 683 mg

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

2



1 Preheat the oven to 450°F (to roast the potatoes). Start prepping when the oven comes up to temperature!

2 Prep and roast the potatoes: Wash and dry all produce. Cut the **potatoes** into 1/4-inch rounds. Toss them on a parchment-lined baking sheet with drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, flipping the potatoes halfway through cooking, until golden-brown, 25-28 min.

3



3 Wilt the spinach: Meanwhile, mince or grate the **garlic**. Heat a medium pan over medium heat. Add a drizzle of **oil**, then the **garlic**. Cook until fragrant, 1 min. Add the **spinach**. Stir until wilted, 1-2 min. Transfer to a plate and cover with a lid to keep warm.

4 Cook the steak: Heat the same pan over medium-high heat. Season the **steak** with **salt** and **pepper**. Add a drizzle of **oil**, then the steak. Pan-fry until cooked to desired doneness, 4-7 min per side. (**TIP:** Inserting a thermometer into a medium steak should display an internal temperature of 160°F.) Transfer to a plate.

4



5 Make the mustard sauce: Reduce the heat to medium. Add the **mustard seeds**. Cook, swirling the pan occasionally, until the seeds start to pop, 2-4 min. (You'll hear them pop!) Add the **butter**, **broth concentrate(s)** and **1/3 cup water** (double for 4 people). Stir, scraping up any brown bits from the bottom of the pan. Bring to a boil, then remove the pan from the heat. Whisk in the **mustard** and **sour cream** until combined.

6



6 Finish and serve: Divide the **crispy potatoes** between plates. Top with the **garlic spinach**, then the **steak**. Spoon over the **mustard sauce** and enjoy!

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