












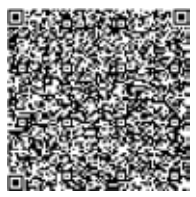
Pan-Seared Steak and Thyme-Onion Gravy

with Roasted Potatoes and Brussel Sprouts

Special Plus 35 Minutes



-  Striploin Steak
-  Yellow Potato
-  Onion, sliced
-  Garlic, cloves
-  Beef Broth Concentrate
-  Parsley and Thyme
-  Brussels Sprouts
-  Gravy Spice Blend
-  Green Beans



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HELLO BRUSSELS SPROUTS
Brussels sprouts are in the same family as cabbage: brassica!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

2 Baking sheets, measuring spoons, aluminum foil, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Striploin Steak	370 g	740 g
Yellow Potato	350 g	700 g
Onion, sliced	113 g	226 g
Garlic, cloves	2	4
Beef Broth Concentrate	1	2
Parsley and Thyme	14 g	14 g
Brussels Sprouts	170 g	340 g
Gravy Spice Blend	2 tbsp	4 tbsp
Green Beans	170 g	340 g
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 63°C/145°F for medium-rare; steak size will affect doneness.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

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Roast potatoes

- Strip **1 tbsp thyme leaves** (dbl for 4 ppl) from stems.
- Cut **potatoes** into 1-inch pieces.
- Add **potatoes, half the thyme** and **1 tbsp oil** (dbl for 4 ppl) to an unlined baking sheet. Season with **salt and pepper**, then toss to coat.
- Roast in **middle** of the oven until **potatoes** are tender and golden-brown, 25-28 min.



Roast steak and veggies

- Roast in the **top** of the oven until **veggies** are tender-crisp and **steak** is cooked to desired doneness, 6-8 min. **** (TIP: Steak will be done before veggies. Remove steak from the oven when it is cooked to your desired doneness.)**
- When **steak** is done, transfer to a plate. Loosely cover with foil and set aside to rest for 5 min.
- Stir **veggies** and continue to roast until tender, 7 min. **(NOTE: Veggies will roast for a total of 13-15 min.)**



Prep

- Meanwhile, roughly chop **parsley**.
- Halve **Brussels sprouts** (if larger, quarter them).
- Trim, then halve **green beans**.
- Peel, then mince or grate **garlic**.
- Add **Brussels sprouts, green beans** and **½ tbsp oil** (dbl for 4 ppl) to one side of another unlined baking sheet. Season with **salt and pepper**, then toss to coat. Set aside.



Make gravy

- Meanwhile, reheat the same pan (from step 3) over medium-high.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **onions**. Season with **salt and pepper**. Cook, stirring often, until softened, 3-4 min.
- Add **garlic, remaining thyme** and **Gravy Spice Blend**. Cook, stirring often, until **onions** are coated, 30 sec.
- Add **1 cup water** (1 ½ cups for 4 ppl), then **broth concentrate**. Bring to a boil.
- Once boiling, cook, stirring often, until **gravy** thickens slightly, 2-3 min.
- Remove from heat, then add **half the parsley** and **2 tbsp butter** (dbl for 4 ppl). Swirl the pan until **butter** melts, 1 min.



Sear steak

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **steak** dry with paper towels. Season with **salt and pepper**.
- When the pan is hot, add **1 tbsp oil** (dbl for 4 ppl), then **steak**. Sear until golden-brown, 1-2 min per side.
- Remove the pan from heat, then transfer **steak** to other side of the baking sheet with **veggies**.



Finish and serve

- Thinly slice **steak**.
- Divide **steak, roasted potatoes** and **veggies** between plates.
- Stir **any juices** from the plate with **steak** into **thyme-onion gravy**.
- Spoon **gravy** over **steak**. Sprinkle **remaining parsley** over top.

Dinner Solved!