



# Pan-Seared Steak and Thyme-Onion Gravy

with Roasted Sweet Potatoes and Brussel Sprouts

Special Plus 35 Minutes



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Striploin Steak



Sweet Potato



Brussels Sprouts



Sugar Snap Peas



Onion, sliced



Garlic, cloves



Beef Broth Concentrate



Parsley and Thyme



Gravy Spice Blend

## 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.

**Measurements within steps** **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** (Ingredient)

## Bust out

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

## Ingredients

	2 Person	4 Person
Striploin Steak	370 g	740 g
Sweet Potato	340 g	680 g
Brussels Sprouts	170 g	340 g
Sugar Snap Peas	113 g	227 g
Onion, sliced	113 g	226 g
Garlic, cloves	2	4
Beef Broth Concentrate	1	2
Parsley and Thyme	14 g	14 g
Gravy Spice Blend	2 tbsp	4 tbsp
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.*

1



### Roast sweet potatoes

- Strip **1 tbsp** (2 tbsp) **thyme leaves** from stems.
- Peel, then cut **sweet potatoes** into ½-inch pieces.
- Add **sweet potatoes, half the thyme** and **1 tbsp** (2 tbsp) **oil** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in **middle** of the oven, flipping halfway through, until tender and golden-brown, 16-18 min.

4



### 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-crisp, 6 min. **(NOTE: Veggies will roast for a total of 12-14 min.)**

2



### Prep

- Meanwhile, halve **Brussels sprouts** (if larger, quarter them).
- Trim **snap peas**.
- Peel, then mince or grate **garlic**.
- Roughly chop **parsley**.
- Add **Brussels sprouts, snap peas** and **½ tbsp** (1 tbsp) **oil** to one side of another unlined baking sheet. Season with **salt** and **pepper**, then toss to coat. Set aside.

5



### Make thyme-onion gravy

- Meanwhile, reheat the same pan (from step 3) over medium-high.
- When hot, add **½ tbsp** (1 tbsp) **oil**, 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** (1 ½ cups) **water**, 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** (4 tbsp) **butter**. Swirl the pan until melted, 1 min.

3



### 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** (2 tbsp) **oil**, then **steak**. Sear until golden-brown, 2-4 min per side.
- Remove the pan from heat, then transfer **steak** to the other side of the baking sheet with **veggies**.

6



### Finish and serve

- Thinly slice **steak**.
- Divide **steak, roasted sweet 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!



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