



Pan-Seared Steak and Thyme-Onion Gravy

with Roasted Potatoes and Brussels Sprouts

Special Plus

35 Minutes



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Striploin Steak



Yellow 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, 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	400 g	800 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.



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Roast potatoes

- Strip **1 tbsp** (2 tbsp) **thyme leaves** from stems.
- Cut **potatoes** into ½-inch pieces.
- Add **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, 22-25 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-crisp, 6 min. (**NOTE:** Veggies will roast for a total of 12-14 min.)



Prep and roast veggies

- 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.



Make 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 **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** (2 tbsp) **oil**, then **steak**. Sear until golden-brown, 2-4 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!