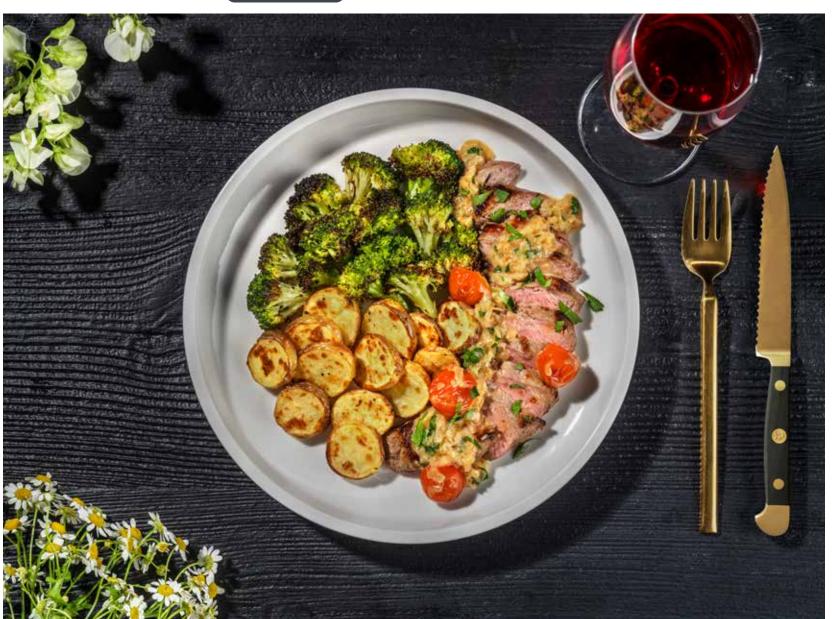


Pan-Seared Steaks

with Roasted Potato Coins and Tomato Pan Sauce

Steak Night

35 Minutes





Top Sirloin Steak



Yellow Potato



Broccoli, florets



Baby Tomatoes





Garlic, cloves

Beef Broth Concentrate

Shallot



Parsley





Garlic Salt



HELLO GARLIC SALT -

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
285 g	570 g
360 g	720 g
227 g	454 g
113 g	227 g
50 g	100 g
2	4
7 g	7 g
1	2
1 tsp	2 tsp
2 tbsp	4 tbsp
	285 g 360 g 227 g 113 g 50 g 2 7 g 1 tsp

- * 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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Prep and roast potato coins

- Cut potatoes into 1/4-inch rounds.
- Add **potatoes** and **1 tbsp oil** (dbl for 4 ppl) to an unlined baking sheet. Season with **half the garlic salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, stirring halfway through, until golden-brown and tender, 25-28 min.



Prep

- Meanwhile, roughly chop parsley.
- Peel, then finely chop **shallot**.
- Halve tomatoes.
- Peel, then mince or grate garlic.
- Cut **broccoli** into bite-sized pieces.



Start broccoli

- Add broccoli and ½ tbsp oil (dbl for 4 ppl) to one side of an unlined baking sheet.
 Season with salt and pepper, then toss to coat.
- Roast in the **top** of the oven until beginning to soften, 3 min. (NOTE: Broccoli will continue to roast with steaks in step 4.)



Cook steaks and finish broccoli

- Heat a large non-stick pan over mediumhigh heat.
- While the pan heats, pat **steaks** dry with paper towels, then season with **remaining garlic salt** and **pepper**.
- When the pan is hot, add **1 tbsp oil** (dbl for 4 ppl), then **steaks**. Pan-fry until goldenbrown, 1-2 min per side.
- Transfer **steaks** to the other side of the baking sheet with **broccoli**. Continue to roast in the **top** of the oven until **broccoli** is tendercrisp and **steaks** are cooked to desired doneness, 4-8 min.**
- Transfer **steaks** to a plate. Cover with foil and set aside to rest.



Make sauce

- Reheat the same pan over medium.
- When hot, add ½ tbsp oil (dbl for 4 ppl), then tomatoes, shallots and garlic. Cook, stirring occasionally, until tomatoes begin to soften, 3-4 min.
- Add **broth concentrate** and ¼ **cup water** (⅓ cup for 4 ppl) to the pan. Bring to a boil over medium-high.
- Once boiling, remove the pan from heat.
 Add half the parsley and 2 tbsp butter (dbl for 4 ppl). Season with salt and pepper, to taste, then stir to combine until butter melts, 1 min.



Finish and serve

- Thinly slice steaks.
- Stir **any steak juices** from the plate into the pan with **sauce**. (**TIP**: For a lighter sauce consistency, add more water, 1-2 tbsp at a time, if desired.)
- Divide **steaks**, **broccoli** and **potato coins** between plates.
- Spoon tomato pan sauce over steaks.
- Sprinkle remaining parsley over top.

Dinner Solved!