



QUICK-MARINATED STEAK

with Orange-Balsamic-Roasted Veggies

FAMILY



HELLO

ORANGE-BALSAMIC SAUCE

Sweet orange juice and tangy balsamic vinegar come together to make a quick pan sauce

PREP: 20 MIN | TOTAL: 30 MIN | CALORIES: 438



Beef Steak



Yukon Potato



Red Bell Pepper



Zucchini



Rosemary



Navel Orange



Garlic



Balsamic Vinegar



Honey

BUST OUT

- 2 Baking Sheets
- Zester
- Large Non-Stick Pan
- Shallow Dish
- Measuring Spoons
- Salt and Pepper
- Garlic Press
- Olive or Canola oil

INGREDIENTS

4-person

- Beef Steak 570 g
- Yukon Potato 680 g
- Red Bell Pepper 380 g
- Zucchini 480 g
- Rosemary 10 g
- Navel Orange 1
- Garlic 20 g
- Balsamic Vinegar 9 4 tbsp
- Honey 1 tbsp

ALLERGENS | ALLERGÈNES

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

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 145°F.



START STRONG

Preheat the oven to **450°F** (to roast the veggies and finish the steak). Start prepping when your oven comes up to temperature!



1 ROAST POTATOES
Wash and dry all produce.* Cut the **potatoes** into ½-inch cubes. On a baking sheet, toss the potatoes with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, stirring halfway through cooking, until the potatoes are golden-brown, 25-28 min.



4 SEAR STEAKS
Meanwhile, heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then **steaks**. (Keep the marinade in the dish – we'll use it to make a sauce later!) Pan-fry until golden-brown, 3-4 per side. Remove the pan from the heat and transfer the steak to the baking sheet with the **potatoes**.



2 MARINATE STEAKS
Meanwhile, strip a few **rosemary leaves** from the stems and finely chop **2 tsp**. Zest, then juice the **orange**. Mince or grate the **garlic**. In a shallow dish, stir together the **vinegar, honey, orange zest, orange juice**, rosemary and garlic. Add the **steaks** and coat all over. Set aside.



5 MAKE GLAZE
Roast the **steak** in the centre of the oven, until cooked to desired doneness, 8-10 min. (**TIP:** Cook each piece to a minimum internal temp. of 145°F for medium-rare.***) Meanwhile, add the **remaining marinade** to the same pan. Bring to a gentle boil over medium heat and cook until the sauce reduces by half the amount, 1-2 min. Season with **salt** and **pepper**.



3 ROAST VEGGIES
Core then, cut the **bell peppers** into ½-inch cubes. Cut the **zucchini** into 2-inch long sticks. On another baking sheet, toss the peppers and zucchini with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, stirring halfway through cooking, until the veggies are tender, 9-10 min.



6 FINISH AND SERVE
Thinly slice the **steaks**. Divide the **veggies** and steak between plates. Drizzle the **orange-balsamic pan sauce** over the veggies.

SWEET!

Roasting gives vegetables a hint of sweet, caramel flavour. Try it with different veggies!