



SEARED STEAK

with Roasted Red Potatoes, Red Peppers and Marinated Feta

PRONTO



HELLO STEAK

Patting your steak dry before seasoning and searing ensures perfect browned steak

PREP: 10 MIN | **TOTAL: 30 MIN** | **CALORIES: 752**



Beef Steak



Red Bell Pepper



Parsley



Garlic



Thyme



Red Potato



Balsamic Vinegar



Feta Cheese

BUST OUT

- Baking Sheet
- Paper Towel
- Large Bowl
- Aluminum Foil
- Medium Bowl
- Whisk
- Measuring Spoons
- Sugar (1 tsp | 2 tsp)
- Garlic Press
- Salt and Pepper
- Medium Non-Stick Pan
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

- Beef Steak 285 g | 570 g
- Red Bell Pepper 190 g | 380 g
- Parsley 10 g | 20 g
- Garlic 10 g | 20 g
- Thyme 10 g | 10 g
- Red Potato 340 g | 680 g
- Balsamic Vinegar 9 2 tbsp | 4 tbsp
- Feta Cheese 2 100 g | 200 g

ALLERGENS | ALLERGÈNES

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

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, 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
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 63°C/145°F.

START STRONG

Preheat the oven to **450°F** (to roast the potatoes). Start prepping when the oven comes up to temperature!



1 ROAST POTATOES

Wash and dry all produce.* Cut the **potatoes** into 1-inch pieces. On a baking sheet, toss the **potatoes** with **2 tbsp oil** (dbl for 4 ppl). Roast in the middle of the oven, until the **potatoes** are golden-brown and tender, 25-28 min.



4 COOK PEPPERS

When the **steak** is done, remove the pan from the heat and transfer the **steak** to a plate. Loosely cover with foil and set aside to rest, 3-5 min. Heat the same pan over medium heat. When the pan is hot, add **1 tbsp oil** (dbl for 4 ppl), then the **peppers**. Cook, stirring occasionally, until the **peppers** are tender-crisp, 3-4 min.



2 PREP

Meanwhile, strip **1 tbsp thyme leaves** (dbl for 4 ppl) off the stems. Core, then cut **pepper(s)** into ¼-inch slices. Mince or grate **garlic**. Roughly chop **parsley**. Cut **feta** lengthwise into 4 pieces. (**NOTE:** You will have 8 pieces for 4 ppl.) In a medium bowl, whisk together **garlic, thyme, 1 tbsp vinegar** (dbl for 4 ppl) and **2 tbsp oil** (dbl 4 ppl). Season with **salt and pepper**. Add the **feta slices** and gently stir to coat.



5 ASSEMBLE VEGGIES

Meanwhile, in a large bowl, whisk together the **remaining vinegar** and **1 tsp sugar** (dbl for 4 ppl). Season with **salt and pepper**. When the **peppers** and **potatoes** are done, add both to the large bowl with the **dressing**. Season with **salt and pepper**. Toss together.



3 SEAR STEAK

Meanwhile, pat the **steak** dry with paper towels. Season with **salt and pepper**. Heat a medium non-stick pan over medium-high heat. When pan is hot, add **1 tbsp oil** (dbl for 4 ppl), then the **steak**. Pan-fry until cooked to desired doneness, 4-6 min per side. (**TIP:** Cook to a min. internal temp. of 63°C/145°F for medium-rare; steak size will affect doneness.**)



6 FINISH AND SERVE

Thinly slice the **steak**. Divide the **veggie mixture** and **steak** between plates. Crumble the **marinated feta** over the **veggies** and sprinkle with the **parsley**. Spoon any **remaining marinade** over the steak.

SWEET STUFF

The balsamic dressing adds a perfect sweetness to this savoury dish.