



JAN
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Steak Tagliata

with Roasted Sweet Potato Wedges and Warm Tomato Dressing

Hearty spring mix and rosemary sweet potato wedges are the perfect accompaniment to juicy steak tagliata. Warming the tomato-and-oregano vinaigrette makes for a fragrant dressing to drizzle over this Italian steakhouse dish.



Prep
30 min



level 1



Sirloin Steak



Spring Mix



Grape Tomatoes



Sweet Potato



Rosemary



Dried Oregano



Garlic



Balsamic Vinegar

Ingredients

	2 People	4 People
Sirloin Steak	1 pkg (340 g)	2 pkg (680 g)
Spring Mix	1 pkg (85 g)	2 pkg (170 g)
Grape Tomatoes	1 pkg (255 g)	2 pkg (510 g)
Sweet Potato, steak-cut	1 pkg (340 g)	2 pkg (680 g)
Rosemary	1 pkg (7 g)	1 pkg (7 g)
Dried Oregano	1 pkg (1 tsp)	2 pkg (2 tsp)
Garlic	2 pkg (20 g)	4 pkg (40 g)
Balsamic Vinegar	1) 1 pkg (2 tbsps)	2 pkg (4 tbsps)
Olive or Canola Oil*		

*Not Included

Allergens

1) Sulphites/Sulfites

Tools

Baking Sheet, Small Bowl, Medium Pan, Whisk, Measuring Spoons

Nutrition per person Calories: 567 cal | Fat: 24 g | Protein: 40 g | Carbs: 46 g | Fibre: 8 g | Sodium: 341 mg

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

Ruler

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1 Preheat your oven to 450°F. (To roast the sweet potatoes.)
Start prepping when your oven comes up to temperature!



2 Prep: Wash and dry all produce. Halve the **tomatoes**. Strip the **rosemary leaves** off the sprig, then roughly chop **2 tsp** (double for 4 people). Smash the **garlic cloves** with the side of your knife.



3 Bake the sweet potatoes: Toss the **sweet potatoes** on a baking sheet with the **rosemary**, a drizzle of **oil**. Season with **salt** and **pepper**. Bake in the oven, flipping halfway through, until golden-brown, 25-28 min. Toss the **garlic** with a drizzle of **oil**. Wrap in foil and place on the same baking sheet and roast until soft, 14-15 min.



4 Make the balsamic dressing: Meanwhile, in a small bowl, whisk the **vinegar** and **dried oregano** with a drizzle of **oil**. Season with **salt** and **pepper**.



5 Cook the steak: Heat a drizzle of **oil** in a medium pan over medium-high heat. Pat the **steak** dry and season with **salt** and **pepper**. Add the **steak** to the pan and cook for 4-7 min per side, until golden brown and cooked to desired doneness. (**TIP:** Inserting a thermometer into a medium steak should display an internal temperature of 160°F.) Set aside on a plate to rest for 5 min.

6 Cook the tomatoes: Meanwhile, remove the pan from the heat and add the **dressing**, **tomatoes** and **roasted garlic** to the pan. Allow tomatoes to heat up slightly from the leftover heat in the hot pan.

7 Finish and serve: Thinly slice the **steak**. Mound the **spring mix** on a plate. Top with the **sliced steak** and drizzle with the **warm tomato dressing**. Serve alongside the **sweet potato wedges**. Enjoy!

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