

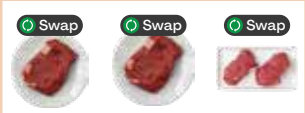


Pan-Seared Steaks

with Roasted Potato Coins and Tomato Pan Sauce

Steak Night

35 Minutes



Striploin Steak 370 g | 740 g
 Double Striploin Steak 740 g | 1480 g
 Tenderloin Steak 340 g | 680 g

Customized Protein **+** Add **↻** Swap or **×2** Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Striploin Steak
285 g | 570 g



Yellow Potato
300 g | 600 g



Broccoli
227 g | 454 g



Baby Tomatoes
113 g | 227 g



Shallot
1 | 2



Garlic, cloves
2 | 4



Parsley
7 g | 7 g



Beef Broth Concentrate
1 | 2



Garlic Salt
1 tsp | 2 tsp

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.

Pantry items | Salt, pepper, unsalted butter, oil

Cooking utensils | Aluminum foil, 2 baking sheets, large non-stick pan, measuring cups, measuring spoons, paper towels

1



Prep and roast potato coins

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Cut **potatoes** into ¼-inch rounds.
- Add **potatoes** and **1 tbsp** (2 tbsp) **oil** 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.

4



Cook steaks and finish broccoli

Swap | **Striploin Steak**

Swap | **Double Striploin Steak**

Swap | **Tenderloin Steak**

- When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **steaks**. Pan-fry until golden-brown, 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 tender-crisp and **steaks** are cooked to desired doneness, 4-8 min.**
- Transfer **steaks** to a plate. Cover with foil and set aside to rest.

2



Prep

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

5



Make sauce

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

3



Start broccoli and prep steaks

- Add **broccoli** and **½ tbsp** (1 tbsp) **oil** 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.)
- Heat a large non-stick pan over medium-high.
- While the pan heats, pat **steaks** dry with paper towels, then season with **remaining garlic salt** and **pepper**.

6



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.

Measurements within steps | **1 tbsp** (2 tbsp) **oil**
2 person 4 person Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

4 | Cook steaks and finish broccoli

Swap | **Striploin Steak**

If you've opted for **striploin steak**, prep and cook in the same way the recipe instructs you to prep and cook **sirloin steak**.

4 | Cook steaks and finish broccoli

Swap | **Striploin Steak**

If you've opted for **double steak**, prep and cook in the same way the recipe instructs you to prep and cook the **regular portion of steak**.

4 | Cook steaks and finish broccoli

Swap | **Tenderloin Steak**

If you've opted for **tenderloin steak**, prep and cook in the same way the recipe instructs you to prep and cook the **sirloin steak**.

** Cook to a minimum internal temperature of 63°C/145°F for medium-rare; steak size will affect doneness.