

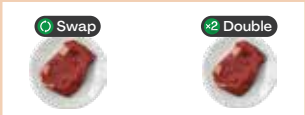


Steaks and Sun-Dried Tomato Cream Sauce

with Roasted Potatoes and Walnut-Topped Asparagus

Special

45 Minutes



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
370 g | 740 g

Striploin Steak
740 g | 1480 g



Top Sirloin Steak
285 g | 570 g



Yellow Potato
350 g | 700 g



Asparagus
227 g | 454 g



Parsley
7 g | 14 g



Garlic, cloves
1 | 2



Walnuts, chopped
28 g | 56 g



Parmesan Cheese, shredded
¼ cup | ½ cup



Cream
56 ml | 113 ml



Sun-Dried Tomato Pesto
¼ cup | ½ cup



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 | Oil, salt, pepper, unsalted butter

Cooking utensils | Aluminum foil, baking sheet, large non-stick pan, measuring spoons, paper towels, parchment paper

1



Prep and roast potatoes

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

- Cut **potatoes** into ½-inch wedges.
- Add **potatoes** and **1 tbsp** (2 tbsp) **oil** to a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets with 1 tbsp oil per sheet.)
- Season with **pepper** and **half the garlic salt**, then toss to coat.
- Roast in the top of the oven, flipping halfway, until tender and golden-brown, 25-28 min. (**NOTE:** For 4 ppl, roast in the top and bottom of the oven, rotating sheets halfway through.)

4



Cook asparagus

- Meanwhile, trim and discard bottom 1-inch from **asparagus**.
- Peel, then mince or grate **garlic**.
- Reheat the same pan over medium. When hot, add **1 tbsp** (2 tbsp) **butter**, then swirl the pan to melt.
- Add **asparagus**. Cook, stirring occasionally, until tender-crisp, 4-5 min. Add **half the garlic**. Cook, stirring often, until fragrant, 30 sec. Season with **salt** and **pepper**.
- Remove from heat, then add **half the Parmesan**. Toss to combine.
- Transfer to a plate and set aside.

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

2



Toast walnuts

- Meanwhile, heat a large non-stick pan over medium heat.
- When hot, add **walnuts** to the dry pan. Toast, stirring often, until golden-brown, 4-5 min. (**TIP:** Keep your eye on walnuts so they don't burn!)
- Remove from heat. Transfer **walnuts** to a plate.
- Carefully wipe the pan clean.

5



Make sauce

- Meanwhile, finely chop **parsley**.
- Reheat the same pan over medium.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **remaining garlic**. Cook, stirring often, until fragrant, 30 sec.
- Add **cream**, **pesto** and **remaining Parmesan**.
- Cook, stirring occasionally, until **sauce** thickens slightly and **Parmesan** melts, 1-2 min. Season with **salt** and **pepper**.
- Remove from heat, then stir in **half the parsley** and **any steak resting juices** from the baking sheet.

3



Sear and roast steaks

- Swap | **Striploin Steak**
- ×2 Double | **Striploin Steak**
- Pat **steaks** dry with paper towels. Season with **pepper** and **remaining garlic salt**.
- Reheat the same pan over medium-high.
- When hot, add **1 tbsp** (2 **tbsp**) **oil**, then **steaks**. Sear until golden, 2-4 min per side.
- Remove from heat and transfer **steaks** to an unlined baking sheet.
- Roast in the middle of the oven until cooked to desired doneness, 5-8 min.**
- When done, transfer **steaks** to a cutting board to rest, 5 min. Loosely cover with foil.

6



Finish and serve

- Thinly slice **steaks**.
- Divide **steaks**, **potatoes** and **asparagus** between plates. Top **asparagus** with **walnuts**.
- Spoon **sauce** over **steaks**, then sprinkle with **remaining parsley**.

Measurements
within steps

1 **tbsp** (2 **tbsp**) **oil**
2 person 4 person Ingredient

3 | Sear and roast steaks

Swap | **Striploin Steak**

If you've opted to get **striploin steak**, prep and sear in the same way the recipe instructs you to cook the **top sirloin steak**, then increase roast time to 8-12 min.**

3 | Sear and roast steaks

×2 Double | **Striploin Steak**

If you've opted for **double striploin steak**, prep and sear in the same way the recipe instructs you to cook the regular portion of **top sirloin steak**, don't overcrowd the pan. Sear in batches if necessary, then increase roast time to 8-12 min.**