

Steaks and Sun-Dried Tomato Cream Sauce

with Walnut-Topped Asparagus



45 Minutes





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Top Sirloin Steak 285 g | 570 g

Asparagus 227 g | 454 g





Parsley 7 g | 14 g

Garlic, cloves 1 | 2



Walnuts,



chopped 28 g | 56 g





Cream



56 ml | 113 ml

Tomato Pesto 1/4 cup | 1/2 cup



Garlic Salt 1 tsp | 2 tsp



Sweet Potato 2 | 4



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



Prep and roast sweet potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Cut sweet potatoes into ½-inch wedges.
- Add sweet potatoes and 1 tbsp oil to a parchment-lined baking sheet. (NOTE: For 4 ppl, use 2 parchment-lined 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 through, until tender, 22-24 min. (NOTE: For 4 ppl, roast in the top and bottom of the oven, rotating sheets halfway through.)



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.



Sear and roast steaks

🗘 Swap | Striploin Steak

🗘 Swap | Beef Tenderloin

- 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. Then, 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.



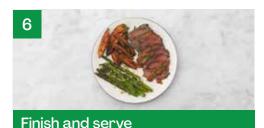
Cook asparagus

- 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.



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.



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

Measurements 1 tbsp within steps 2 person

oil (2 tbsp)

Ingredient

3 | Sear and roast steak

🗘 Swap | Striploin Steak

If you've opted for **striploin steaks**, cook them in the same way the recipe instructs you to cook the sirloin steaks.

3 | Sear and roast beef tenderloin

Swap | Beef Tenderloin

If you've opted for **beef tenderloin**, cook it in the same way the recipe instructs you to cook the sirloin steaks.