

HELLO Pan-Seared Steaks with Pan Sauce and Parsley-Butto

2 Double

with Pan Sauce and Parsley-Butter Potatoes

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 🦫

Steak Night

🚫 Swap

30 Minutes





Steak 370 g | 740 g

Tenderloin

340 g | 680 g



Top Sirloin Steak



285 g | 570 g





Broccolini



Dijon Mustard

1/2 tbsp | 1 tbsp

170 g | 340 g





Beef Broth Concentrate



2 | 4

1 | 2



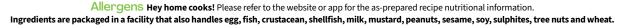
Blend



Gravy Spice 2 tbsp | 4 tbsp



Parsley 7 g | 14 g



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



Roast potatoes

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.
- Cut potatoes into 1-inch pieces.
- Add potatoes and 1 tbsp (2 tbsp) oil to a parchment-lined baking sheet. Season with salt and pepper, then toss to coat.
- Roast in the **middle** of the oven, tossing halfway through, until golden-brown and tender, 25-28 min.



Prep

- Meanwhile, finely chop parsley.
- Trim ends off broccolini, then cut in half. Cut any larger stalks in half lengthwise, leaving thinner stalks whole.
- Peel, then mince or grate garlic.
- Cut 2 tbsp (4 tbsp) butter into small pieces.



Start steaks

🗘 Swap | Striploin Steak

🔘 Swap | Tenderloin Steak

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, pat steaks dry with paper towels, then season with salt and pepper.
- When the pan is hot, add ½ tbsp (1 tbsp) oil, then steaks. Pan-fry until golden-brown, 2-3 min per side.
- Transfer steaks to one side of another parchment-lined baking sheet. (NOTE: Steaks will finish cooking in step 4.)



Roast steaks and broccolini

- Add broccolini, ½ tbsp (1 tbsp) oil and
 2 tbsp (4 tbsp) water to the other side of the baking sheet with steaks. Season with salt and pepper, then toss to coat.
- Roast steaks and broccolini in the top of the oven until broccolini are tender-crisp and vibrant green, and steaks are cooked to desired doneness, 6-8 min.**



Make pan sauce

- Meanwhile, carefully wipe the pan (from step 3) clean, then reheat over medium.
- When the pan is hot, add half the butter, then garlic and Gravy Spice Blend. Season with pepper.
- Cook, stirring often, until fragrant, 30 sec.
- Add 1 cup (2 cups) water, broth concentrate and Dijon. Stir to combine, then bring to a simmer.
- Simmer, stirring occasionally, until sauce thickens, 2-3 min.



Finish and serve

- Set steaks aside to rest, 2-3 min. Cover broccolini to keep warm.
- When potatoes are done, add remaining butter and half the parsley, then toss to combine.
- Thinly slice steaks.
- Divide **steaks**, **potatoes** and **broccolini** between plates.
- Drizzle pan sauce over steaks. Sprinkle remaining parsley over top.

Measurements within steps

1 tbsp (2 tbsp)

oil

3 | Start striploin steaks

🔘 Swap | Striploin Steak 🕏

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

3 | Start tenderloin steaks

Swap | Tenderloin Steak

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