



MAR
2017

Oven-Baked Steak

with Roasted Veggies and Sour Cream and Chive Mash

Get perfectly juicy and tender steak with this easy pan-to-oven technique. Paired with roasted vegetables and a creamy, sour cream and chive mash — this dish is an absolute winner!

 **Prep**
30 min



Sirloin Steak



Russet Potatoes



Carrot



Green Beans



Rosemary



Chives



Sour Cream

Ingredients

Sirloin Steak		2 pkg (680 g)
Russet Potatoes		3
Carrots		2
Green Beans, trimmed		2 pkg (340 g)
Rosemary		1 pkg (10 g)
Chives		1 pkg (10 g)
Sour Cream	1)	2 pkg (6 tbsp)
Butter*	1)	1 tbsp
Olive or Canola Oil*		

4 People

*Not Included

Allergens

1) Milk/Lait

Tools

Peeler, Large Pot, Measuring Spoons, Baking Sheet, Large Non-Stick Pan, Measuring Cups

Nutrition per person Calories: 472 cal | Fat: 16 g | Protein: 41 g | Carbs: 42 g | Fibre: 8 g | Sodium: 242 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 the oven to 400°F (to roast the veggies and steak). Start prepping when the oven comes up to temperature!

2 Prep: Wash and dry all produce. Peel, then cut the **potatoes** into 1/2-inch pieces. Cover the potatoes with cold water in a large pot and bring it to a boil over medium-high until potatoes are fork-tender, 12-14 min.



3 Roast the veggies: Meanwhile, finely chop **1 tbsp rosemary leaves**. Cut the **carrots** into 1/4-inch rounds. Toss the **green beans** and **carrots** with a drizzle of **oil** on a large baking sheet. (**TIP:** Use 2 baking sheets if you don't have a large one!) Season with **salt** and **pepper**. Roast in the centre of the oven, stirring halfway through cooking, until veggies are golden and tender, 20-22 min.



4 Sear the steaks: Season the **steaks** with **rosemary, salt** and **pepper**. Heat a large non-stick pan over medium-high. Add a drizzle of **oil**, then the **steaks**. Sear until golden-brown on the outside, 1-2 min per side. Make some space on the baking sheets in the oven, then transfer the steaks to the baking sheets to roast alongside the veggies. Roast until steak is cooked to desired doneness, 6-8 min. (**TIP:** Inserting a thermometer into a medium steak should display an internal temperature of 160°F.)

5 Mash the potatoes: Meanwhile, finely chop the **chives**. Reserve **1/4 cup water** from the **potatoes**. Drain the potatoes, then return them to the pot. Using a potato masher or fork, mash in the **sour cream, butter, reserved potato water** and **chives** until creamy.

6 Finish and serve: Slice the **steak**. Serve with a scoop of **sour cream and chive mash** and a side of **roasted veggies**. Enjoy!

RE-HEATING TIP: Place leftovers on a microwave-safe plate and microwave on high for 1-2 min.

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