



# PAN-SEARED STEAK

with Cipollini Onions, Roasted Potatoes, and Tomato Pan Sauce

PRONTO



HELLO

## CIPOLLINI ONIONS

These mini onions become meltingly tender and sweet when roasted in the oven



Beef Steak



Yukon Potatoes



Cipollini Onions



Garlic



Beef Broth Concentrate



Parsley



Grape Tomatoes

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 592



## BUST OUT

- Baking Sheet
- Butter **2** (2 tbsp | 4 tbsp)
- Large Non-Stick Pan
- Salt and Pepper
- Garlic Press
- Olive or Canola oil
- Measuring Cups
- Measuring Spoons

## INGREDIENTS

2-person | 4-person

- |                          |       |  |       |
|--------------------------|-------|--|-------|
| • Beef Steak             | 340 g |  | 680 g |
| • Yukon Potatoes         | 340 g |  | 680 g |
| • Cipollini Onions       | 340 g |  | 680 g |
| • Garlic                 | 10 g  |  | 20 g  |
| • Beef Broth Concentrate | 1     |  | 2     |
| • Parsley                | 10 g  |  | 10 g  |
| • Grape Tomatoes         | 113 g |  | 227 g |

## ALLERGENS | ALLERGÈNES

*Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

*Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.*

- |                        |                      |
|------------------------|----------------------|
| 0 Seafood/Fruit de Mer | 5 Tree Nut/Noix      |
| 1 Wheat/Blé            | 6 Mustard/Moutarde   |
| 2 Milk/Lait            | 7 Peanut/Cacahuète   |
| 3 Egg/Oeuf             | 8 Sesame/Sésame      |
| 4 Soy/Soja             | 9 Sulphites/Sulfites |

\* Laver et sécher tous les aliments.

\*\* Cuire jusqu'à une température interne minimale de 145°F.



## START STRONG

Preheat the oven to **450°F** (to roast the potatoes and onions). Start prepping when the oven comes up to temperature!



**1 ROAST POTATOES**  
Wash and dry all produce.\* Cut the **potatoes** into ½-inch cubes. Peel the **onions**. On a baking sheet, toss the potatoes and onions with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, stirring halfway through cooking, until potatoes are golden-brown, 25-28 min.



**4 START SAUCE**  
When the **steak** is done, transfer to a plate and set aside. Reduce the heat to medium. Add a drizzle of **oil** to the same pan, then the **tomatoes** and **garlic**. Cook, stirring occasionally, until the tomatoes soften and start to breakdown, 3-4 min.



**2 COOK STEAK**  
Meanwhile, pat the **steak** dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the steak. Pan-fry until cooked to desired doneness, 4-7 min per side. (**TIP:** Cook each piece to a minimal internal temp. of 145°F for medium-rare, as size may vary.\*\*)



**5 FINISH SAUCE**  
Add the **broth concentrate(s)** and **½ cup water** (double for 4 ppl) to the pan. Bring to a boil over medium heat, then remove the pan from the heat. Stir in **2 tbsp butter** (double for 4 ppl) and **half the parsley**. Season with **salt** and **pepper**.



**3 PREP**  
Meanwhile, mince or grate the **garlic**. Roughly chop the **parsley**. Halve the **tomatoes**.



**6 FINISH AND SERVE**  
Thinly slice the **steak**. Divide the steak, **roasted potatoes** and **onions** between plates. Spoon the **tomato pan sauce** over the steak and sprinkle with the **remaining parsley**.

## SAUCY!

The easiest pan sauce makes this dish rich and flavourful.