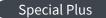


Pan-Seared Steak and Thyme-Onion Gravy

with Roasted Sweet Potatoes and Brussel Sprouts



35 Minutes



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Brussels Sprouts







Garlic, cloves

Sugar Snap Peas

Onion, sliced



Beef Broth Concentrate



Parsley and Thyme



Gravy Spice Blend



Start here

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

Measurements, 1 tbsp (2 tbsp) oil within steps

Bust out

2 Baking sheets, vegetable peeler, measuring spoons, aluminum foil, measuring cups, large non-stick pan, paper towels

Inaredients

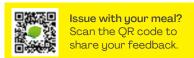
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	2 Person	4 Person
Striploin Steak	370 g	740 g
Sweet Potato	340 g	680 g
Brussels Sprouts	170 g	340 g
Sugar Snap Peas	113 g	227 g
Onion, sliced	113 g	226 g
Garlic, cloves	2	4
Beef Broth Concentrate	1	2
Parsley and Thyme	14 g	14 g
Gravy Spice Blend	2 tbsp	4 tbsp
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

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

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.





Roast sweet potatoes

- Strip 1 tbsp (2 tbsp) thyme leaves from stems.
- Peel, then cut sweet potatoes into ½-inch pieces.
- Add sweet potatoes, half the thyme and 1 tbsp (2 tbsp) oil to an unlined baking sheet. Season with salt and pepper, then toss to coat.
- · Roast in middle of the oven, flipping halfway through, until tender and goldenbrown, 16-18 min.



Prep

- Meanwhile, halve Brussels sprouts (if larger, quarter them).
- Trim snap peas.
- Peel, then mince or grate garlic.
- Roughly chop parsley.
- Add Brussels sprouts, snap peas and 1/2 tbsp (1 tbsp) oil to one side of another unlined baking sheet. Season with salt and **pepper**, then toss to coat. Set aside.



- Heat a large non-stick pan over mediumhigh heat.
- While the pan heats, pat **steak** dry with paper towels. Season with salt and pepper.
- When the pan is hot, add 1 tbsp (2 tbsp) oil, then **steak**. Sear until golden-brown, 2-4 min per side.
- Remove the pan from heat, then transfer **steak** to the other side of the baking sheet with **veggies**.



Roast steak and veggies

- Roast in the top of the oven until veggies are tender-crisp and **steak** is cooked to desired doneness, 6-8 min.** (TIP: Steak will be done before veggies. Remove steak from the oven when it is cooked to your desired doneness.)
- When **steak** is done, transfer to a plate. Loosely cover with foil and set aside to rest for 5 min.
- Stir veggies and continue to roast until tender-crisp, 6 min. (NOTE: Veggies will roast for a total of 12-14 min.)



- Meanwhile, reheat the same pan (from step 3) over medium-high.
- When hot, add 1/2 tbsp (1 tbsp) oil, then onions. Season with salt and pepper. Cook, stirring often, until softened, 3-4 min.
- Add garlic, remaining thyme and Gravy Spice Blend. Cook, stirring often, until onions are coated, 30 sec.
- Add 1 cup (1 ½ cups) water, then broth concentrate. Bring to a boil.
- Once boiling, cook, stirring often, until gravy thickens slightly, 2-3 min.
- · Remove from heat, then add half the parsley and 2 tbsp (4 tbsp) butter. Swirl the pan until melted, 1 min.



- · Thinly slice steak.
- Divide steak, roasted sweet potatoes and veggies between plates.
- Stir **any juices** from the plate with **steak** into thyme-onion gravy.
- Spoon gravy over steak. Sprinkle remaining parsley over top.

Dinner Solved!