

Pan-Seared Steak and Thyme-Onion Gravy

with Roasted Potatoes and Brussels Sprouts



Issue with your meal? Scan the QR code to share your feedback.



35 Minutes



HELLO BRUSSELS SPROUTS Brussels sprouts are in the same family as cabbage: brassica!





Striploin Steak

Yellow Potato





Brussels Sprouts





Onion, sliced

Garlic, cloves

Parsley and Thyme



Beef Broth Concentrate



Gravy Spice Blend

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Measurements within steps	1 tbsp	(2 tbsp)	oil
	2 person	4 person	Ingredient

Bust out

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

Ingredients

	2 Person	4 Person
Striploin Steak	370 g	740 g
Yellow Potato	400 g	800 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

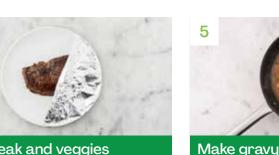
Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



Roast potatoes

- Strip **1 tbsp** (2 tbsp) **thyme leaves** from stems.
- Cut **potatoes** into ½-inch pieces.
- Add 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, 22-25 min.



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.)



Prep and roast veggies

- 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
 tbsp (1 tbsp) oil to one side of another unlined baking sheet. Season with salt and pepper, then toss to coat. Set aside.

• Meanwhile, reheat the same pan (from step

• When hot, add 1/2 tbsp (1 tbsp) oil, then

stirring often, until softened, 3-4 min.

onions. Season with salt and pepper. Cook,

Add garlic, remaining thyme and Gravy

• Add 1 cup (1 ½ cups) water, then broth

• Once boiling, cook, stirring often, until

Remove from heat, then add half the

parsley and 2 tbsp (4 tbsp) butter. Swirl the

Spice Blend. Cook, stirring often, until onions

3) over medium-high.

are coated, 30 sec.

concentrate. Bring to a boil.

gravy thickens slightly, 2-3 min.

pan until **butter** melts, 1 min.



Sear steak

• 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 other side of the baking sheet with **veggies**.



Finish and serve

- Thinly slice **steak**.
- Divide **steak**, **roasted 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!

Issue Sca Sha

Issue with your meal? Scan the QR code to share your feedback.