



JAN
2017

Savoury Steak

with Shallot Gravy, Crispy Roasted Potatoes and Creamed Kale

Creamy shallot gravy over juicy steak is dinner perfection. It's impossible to mess up, yet bound to impress! Classic roasted potatoes and our healthy version of creamed kale complete this cozy dish.



Sirloin Steak



Kale



Baby Potatoes



Shallot



Sour Cream



Beef Broth Concentrate

Ingredients

Sirloin Steak		2 pkg (680 g)
Kale, chopped		1 pkg (227 g)
Baby Potatoes		1 pkg (680 g)
Shallot		2
Sour Cream	1)	2 pkg (6 tbsp)
Beef Broth Concentrate		2
Olive or Canola Oil*		

4 People

*Not Included

Allergens

1) Milk/Lait

Tools

Baking Sheet, Large Pan, Large Bowl, Measuring Cups

Ruler

0 in 1/4 in 1/2 in 3/4 in 1 in

Nutrition per person Calories: 526 cal | Fat: 24 g | Protein: 41 g | Carbs: 39 g | Fiber: 5 g | Sodium: 320 mg

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

2



1 Preheat the oven to 450°F. (To roast the potatoes.) Start prepping when the oven comes up to temperature!

2 Prep and roast the potatoes: Wash and dry all produce. Cut the **potatoes** in half (or quarters if the potatoes are larger.) Toss the potatoes with a drizzle of **oil** and a pinch of **salt** on a baking sheet. Roast in the centre of the oven, stirring halfway through cooking, until the potatoes are golden brown, 25-28 min.

3



3 Cook the kale: Heat a large pan over medium heat. Add a drizzle of **oil**, then the **kale** and a splash of **water** to the pan. (The water will help the kale cook down!) Cook, stirring occasionally, until kale is very soft, 4-5 min. Remove from the heat and stir in **1 pkg sour cream**. Season with **salt**. Transfer to a large bowl. Cover with a lid or foil to keep warm. Wipe the pan clean.

5



4 Cook the steak: Season the **steak** on all sides with **salt** and **pepper**. Heat the same pan over medium-high heat. Add a drizzle of **oil**, then the steak. Cook for 4-7 min per side, until cooked to desired doneness (**TIP:** Inserting a thermometer into a medium steak should display an internal temperature of 160°F.) Transfer the steak to a plate.

5 Make the shallot gravy: Meanwhile, halve, peel, and mince the **shallot**. Heat the same pan over medium heat. Add a drizzle of **oil**, then the shallot. Cook until shallots soften, 2-3 min. Add the **broth concentrates** and **2/3 cup water**. Scrape up any browned bits from the bottom of the pan. Bring to a simmer. Remove from the heat and stir in the **remaining sour cream**.

6 Finish and serve: Thinly slice the **steak**. Serve alongside the **roasted potatoes** and **creamed kale**. Drizzle the steak with the **shallot gravy**. Enjoy!

Share your masterpiece! Tag your photos with #HelloFreshLife and share on [f](#) [t](#) [@](#)

HelloFresh.ca | hello@hellofresh.ca