



NOV  
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# Steak 'Frites'

with Creamy Horseradish Sauce

We're trading in the traditional spuds for seasonal root veggies in our fun take on steak frites. Served alongside a tangy horseradish sauce, we think you'll love it.

Prep 30 min

level 1



Sirloin Steak



Parsnips



Horseradish



Rosemary



Carrot



Garlic Powder



Sour Cream



White Wine Vinegar



Couscous



Vegetable Broth Concentrate

## Ingredients

	2 People	4 People
Sirloin Steak	1 pkg (285 g)	2 pkg (570 g)
Parsnips, sticks	1 pkg (340 g)	2 pkg (680 g)
Horseradish	2) 1 pkg (1 tbsp)	2 pkg (2 tbsp)
Rosemary	1 pkg (7 g)	1 pkg (7 g)
Carrot, sticks	1 pkg (170 g)	2 pkg (340 g)
Garlic Powder	1 pkg (2 tsp)	2 pkg (4 tsp)
Sour Cream	1) 2 pkg (1/3 cup)	4 pkg (2/3 cup)
White Wine Vinegar	2) 1 pkg (2 tbsp)	2 pkg (4 tbsp)
Couscous	3) 1 pkg (113 g)	2 pkg (227 g)
Vegetable Broth Concentrate	1	2
Olive or Canola Oil*		

\*Not Included

## Allergens

1) Milk/Lait

2) Sulphites/Sulfites

3) Wheat/Blé

## Tools

Baking Sheet, Large Pan, Small Bowl, Large Bowl, Measuring Spoons, Measuring Cup

Ruler

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**Nutrition per person** Calories: 783 cal | Fat: 29 g | Protein: 41 g | Carbs: 89 g | Fiber: 15 g | Sodium: 537 mg

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

3



**1 Preheat the oven to 400°F. (To roast the veggies.) Start prepping when your oven comes up to temperature!**

**2 Prep: Wash and dry all produce.** Finely chop **2 tsp rosemary leaves** (double for 4 people.)

**3 Roast the veggies:** Toss the **carrots, parsnips** and **chopped rosemary** on a baking sheet with a drizzle of **oil** and a pinch of **salt** and **pepper**. Bake in the centre of the oven, stirring halfway through cooking, until golden-brown, 25-28 min.

4



**4 Prep the steak:** Pat the **steak** dry with paper towels, then sprinkle both sides with **garlic powder**, and season with **salt** and **pepper**. Heat a large 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.)

6



**5 Make the horseradish sauce:** Meanwhile, bring a kettle of **water** to a boil. In a small bowl, combine the **sour cream, vinegar** and **horseradish**. Season with **salt** and **pepper**.

**6 Make the couscous:** Combine the **couscous** and **broth concentrate** in a large bowl. Stir in **1 1/4 cups boiling water** (double for 4 people.) Cover and let stand for 5 min.

**7 Finish and serve:** Thinly slice the **steak** and serve alongside the **veggie frites** and **couscous**. Drizzle the steak with the **horseradish sauce**. Enjoy!

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