



Striploin Steak and Sun-Dried Tomato Cream Sauce











with Roasted Potatoes and Walnut-Topped Snap Peas

Striploin Special

45 Minutes



The recent weather conditions that have caused supply challenges across North America has impacted our regular supply of fresh produce, and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

-  Striploin Steak
370 g | 740 g
-  Yellow Potato
350 g | 700 g
-  Sugar Snap Peas
227 g | 454 g
-  Parsley
7 g | 14 g
-  Garlic, cloves
1 | 2
-  Walnuts, chopped
28 g | 56 g
-  Parmesan Cheese, shredded
1/4 cup | 1/2 cup
-  Cream
56 ml | 113 ml
-  Sun-Dried Tomato Pesto
1/4 cup | 1/2 cup
-  Garlic Salt
1 tsp | 2 tsp

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.

Pantry items | Unsalted butter, oil, salt, pepper

Cooking utensils | 2 baking sheets, measuring spoons, aluminum foil, parchment paper, large non-stick pan, paper towels

1



Prep and roast potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Cut **potatoes** into ½-inch wedges.
- Add **potatoes** and **1 tbsp** (2 tbsp) **oil** to a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets with 1 tbsp oil per sheet.)
- Season with **pepper** and **half the garlic salt**, then toss to coat.
- Roast in the **top** of the oven, flipping halfway through, until tender and golden-brown, 25-28 min. (**NOTE:** For 4 ppl, roast in the top and bottom of the oven, rotating sheets halfway through.)

2



Toast walnuts

- Meanwhile, heat a large non-stick pan over medium heat.
- When hot, add **walnuts** to the dry pan. Toast, stirring often, until golden-brown, 4-5 min. (**TIP:** Keep your eye on walnuts so they don't burn!)
- Remove from heat. Transfer **walnuts** to a plate.
- Carefully wipe the pan clean.

3



Sear and roast steak

- Pat **steak** dry with paper towels. Season with **pepper** and **remaining garlic salt**.
- Reheat the same pan over medium-high.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **steak**. Sear until golden-brown, 2-4 min per side.
- Remove from heat and transfer **steak** to an unlined baking sheet.
- Roast in the **middle** of the oven until cooked to desired doneness, 5-8 min. ******
- When done, transfer **steak** to a cutting board to rest, 5 min. Loosely cover with foil.

4



Cook snap peas

Sub | Broccoli

- Meanwhile, trim **snap peas**.
- Peel, then mince or grate **garlic**.
- Reheat the same pan over medium-high.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then swirl the pan to melt.
- Add **snap peas**. Cook, stirring often, until tender-crisp, 3-4 min.
- Add **half the garlic**. Cook, stirring often, until fragrant, 1 min. Season with **salt** and **pepper**, to taste.
- Remove from heat, then add **half the Parmesan**. Toss to combine.
- Transfer to a plate and set aside.

5



Make sauce

- Meanwhile, finely chop **parsley**.
- Reheat the same pan over medium.
- When hot, add ½ **tbsp** (1 tbsp) **oil**, then **remaining garlic**. Cook, stirring often, until fragrant, 30 sec.
- Add **cream**, **pesto** and **remaining Parmesan**.
- Cook, stirring occasionally, until **sauce** thickens slightly and **Parmesan** melts, 1-2 min. Season with **salt** and **pepper**.
- Remove from heat, then stir in **half the parsley** and **any steak resting juices** from the baking sheet.

6



Finish and serve

- Thinly slice **steak**.
- Divide **steak**, **potatoes** and **snap peas** between plates. Top **snap peas** with **walnuts**.
- Spoon **sauce** over **steak**, then sprinkle with **remaining parsley**.

Measurements
within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

4 | Cook broccoli

Sub | Broccoli

If you've received **broccoli**, cut into bite-sized pieces. Continue to follow the recipe as instructed, subbing **broccoli** in for **snow peas**. Then, increase pan-fry cook time to 5-6 min to ensure a tender-crisp bite.



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

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