

# DINNERLY



## Upgrade to Add Sweet Potatoes

Low-Cal Sirloin Steak with Dijon Pan Sauce



30min



2 Servings

We customized this recipe by adding sweet potatoes.

## WHAT WE SEND

- ½ lb broccoli
- 2 sweet potatoes
- 1 pkt Dijon mustard <sup>17</sup>
- ½ lb pkg sirloin steak
- ¼ oz granulated garlic

## WHAT YOU NEED

- red wine vinegar (or white wine vinegar)
- sugar
- kosher salt & ground pepper
- neutral oil
- butter <sup>7</sup>

## TOOLS

- rimmed baking sheet
- medium skillet

## ALLERGENS

Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

Calories 640kcal, Fat 31g, Carbs 67g, Protein 26g

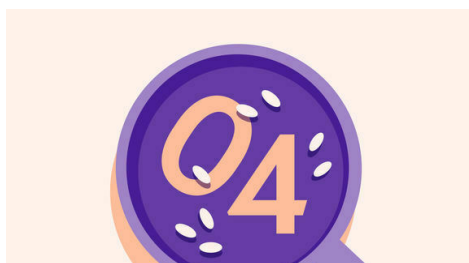


### 1. Prep veggies & sauce

Preheat oven to 450°F with a rack in the upper third and lower third.

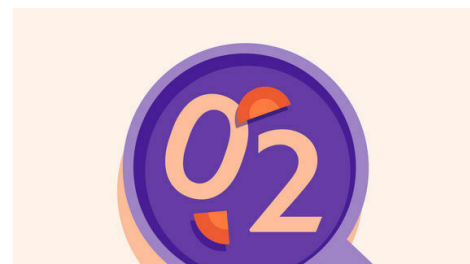
Cut **broccoli** into 1-inch florets, if necessary. Scrub **potatoes**; cut into ¼-inch thick fries.

In a small bowl, stir to combine **Dijon mustard**, ¼ cup **water**, 1 **tablespoon vinegar**, ½ **teaspoon sugar**, and a **pinch of salt**; reserve for step 4.



### 4. Prepare pan sauce

Bring **sauce** to a simmer over medium-high heat. Cook, scraping up any browned bits from skillet, until slightly thickened, 1–2 minutes. Remove from heat; swirl in 1 **tablespoon butter** until melted. Season to taste with **salt** and **pepper**. Thinly slice **steaks**, if desired.



### 2. Roast broccoli & potatoes

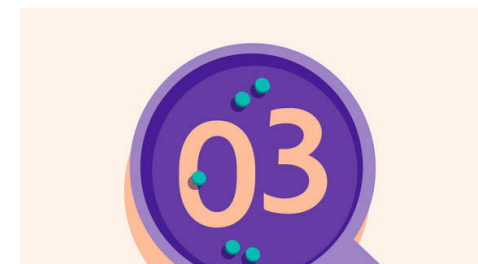
On a rimmed baking sheet, toss **broccoli** with 1 **tablespoon oil** and a **pinch each of salt and pepper**. On a 2nd rimmed baking sheet, toss **fries** with 1 **tablespoon oil**; season with **salt** and **pepper**.

Roast broccoli on upper oven rack until golden-brown and tender, about 12 minutes. Bake fries on lower oven rack until golden brown underneath, 12–15 minutes.



### 5. Finish & serve

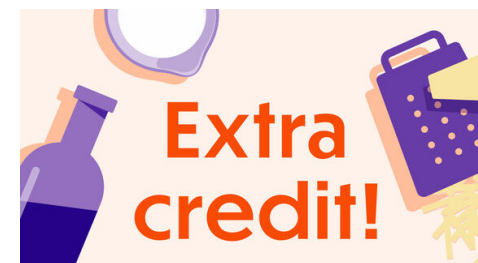
Serve **steak** and **roasted broccoli** with **Dijon pan sauce** spooned over top and **sweet potato fries** alongside. Enjoy!



### 3. Sear steak

Pat **steaks** dry, then season all over with **salt** and **pepper**.

Add 1 **tablespoon oil** to a medium skillet over medium-high heat. Add steaks and cook until well browned and medium-rare, 2–3 minutes per side (or longer for desired doneness). Transfer to a cutting board to rest. Immediately add **reserved mustard sauce** and ½ **teaspoon granulated garlic** to skillet.



### 6. Check us out!

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