



## Seared Steak & Sweet Potatoes

with Rosemary-Garlic Pan Sauce



30-40min



2 Servings

| This version of the recipe is customized with sweet potatoes.



## What we send

- ½ lb broccoli
- ¾ oz Parmesan <sup>7</sup>
- ¼ oz Tuscan spice blend
- ¼ oz fresh rosemary
- ½ lb pkg sirloin steak
- 2 sweet potatoes

## What you need

- olive oil
- kosher salt & ground pepper
- neutral oil
- butter <sup>7</sup>
- garlic

## Tools

- rimmed baking sheet
- microplane or grater
- medium heavy skillet (preferably cast-iron)

## Cooking tip

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## Allergens

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

## Nutrition per serving

Calories 570kcal, Fat 24g, Carbs 63g, Protein 28g



### 1. Roast potatoes

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

Scrub **potatoes**, then cut into 1-inch pieces. On a rimmed baking sheet, toss potatoes with **a generous drizzle of olive oil**; season with **salt** and **pepper**. Roast on lower rack until browned on the bottom, 15-20 minutes.



### 4. Sear steaks

Pat **steaks** dry and season all over with **salt** and **pepper**. Smash **1 whole garlic clove**.

Heat **2 teaspoons neutral oil** in a medium heavy skillet (preferably cast iron) over high until shimmering. Add **steaks**; cook until well browned, 3-4 minutes per side.



### 2. Roast broccoli

Chop **broccoli** into 1-inch florets, if necessary.

After roasting for 15-20 minutes, push **potatoes** to 1 side of baking sheet. On open side, toss **broccoli** with **a generous drizzle of olive oil**; season with **salt** and **pepper**. Roast until broccoli and potatoes are well browned and tender, another 8-12 minutes.



### 5. Make pan sauce

Reduce heat to medium-low and immediately add **2 tablespoons butter**, **1 rosemary sprig**, and **smashed garlic clove** to skillet. Spoon **butter sauce** over **steak**, tilting the pan to fill the spoon, until steak is cooked through, about 1-2 minutes for medium-rare (or longer for desired doneness).



### 3. Prep potato seasoning

Finely grate **Parmesan**. Finely chop **1 teaspoon garlic**.

In a medium bowl, mix together **Parmesan**, **garlic**, and **1½ teaspoons Tuscan seasoning**; set aside for step 6.






### 6. Finish & serve

When **broccoli and potatoes** have finished roasting, immediately transfer **potatoes** to **bowl** with **garlic-Parmesan**; toss to combine. Season to taste with **salt** and **pepper**.

Slice **steaks**, if desired. Serve alongside **potatoes** and **broccoli** with **any remaining butter sauce** spooned over top. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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