# MARLEY SPOON



## **Pan-Roasted Steak & Mustard Sauce**

with Sweet Potato Mash & Brussels Sprouts





There's no need to go to your local bistro when you can make this classic American comfort food at home! Here we sear tender sirloin steak in a hot skillet to create a tasty browned crust and serve it alongside sweet potato mash and crispy roasted Brussels sprouts. A quick pan sauce made with fresh rosemary, garlic, and mustard spooned over top ties it all together-watch those plates clean themselves!

#### What we send

- 1 sweet potato
- qarlic
- ½ lb Brussels sprouts
- 10 oz pkg sirloin steaks
- 1/4 oz fresh rosemary
- 1 pkt Dijon mustard <sup>17</sup>
- 1½ oz pkt Worcestershire sauce <sup>4</sup>

## What you need

- kosher salt & ground pepper
- · neutral oil
- butter <sup>7</sup>
- 1/4 c milk 7

#### **Tools**

- medium saucepan
- rimmed baking sheet
- medium skillet

#### **Allergens**

Fish (4), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

#### **Nutrition per serving**

Calories 590kcal, Fat 37g, Carbs 38g, Protein 29g



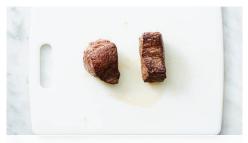
## 1. Boil sweet potatoes

Preheat broiler with a rack in the upper third. Peel **sweet potato**; cut into 1-inch pieces. Place in a medium saucepan along with **1 whole garlic clove** and enough **salted** water to cover by 1 inch. Cover and bring to a boil. Uncover and cook until potatoes are tender when pierced with a fork, about 8 minutes. Drain potatoes and return to saucepan off heat; cover to keep warm until step 5.



## 2. Broil Brussels sprouts

Trim **Brussels sprouts**, remove any outer leaves if necessary, then half (or quarter, if large). On a rimmed baking sheet, toss **Brussels sprouts** with **1 tablespoon oil**; season with **salt** and **pepper**. Broil on upper oven rack until Brussels sprouts are tender and charred, 6-10 minutes (watch closely as broilers vary).



### 3. Cook steaks

Pat **steaks** dry, then season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium skillet over high. Add **steaks** and cook until well browned and medium-rare, 3-4 minutes per side (or longer for desired doneness). Transfer steaks to a cutting board to rest. Return skillet to stovetop and reduce heat to medium-low.



4. Make pan sauce

Immediately add 1 whole garlic clove, 1 rosemary sprig, and ¼ cup water to skillet, scraping up any browned bits. Whisk in 1½ teaspoons each of Dijon and worcestershire until smooth. Cook over medium-high, stirring, until sauce is thickened and coats back of a spoon, 2-3 minutes. Stir in 1 tablespoon butter until melted. Season pan sauce to taste with salt and pepper.



5. Mash sweet potatoes

Warm **sweet potatoes**, if necessary. Add **14 cup milk** and **2 tablespoons butter**; mash with a fork until smooth and creamy (add more butter and milk, if desired). Season to taste with **salt** and **pepper**.



6. Finish & serve

Thinly slice **steaks**, if desired. Serve **steak** with **pan sauce** spooned over top and **sweet potato mash** and **Brussels sprouts** alongside. Enjoy!