



## Seared Steak & Pan Gravy

with Brussels Sprouts & Sweet Potato Hash



30-40min



2 Servings

This dinner is autumn on a plate. The sheet pan is where the magic happens for the Brussels sprouts and sweet potato hash, which makes it an easy, hands-off side dish. The steaks are seared and draped with a miso-butter pan gravy that's full of umami and sure to knock your socks off.



## What we send

- 1 red onion
- 1 sweet potato
- ½ lb Brussels sprouts
- 10 oz pkg sirloin steaks
- 0.63 oz miso paste <sup>2</sup>

## What you need

- olive oil
- kosher salt & ground pepper
- apple cider vinegar
- butter <sup>1</sup>

## Tools

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

## Allergens

Milk (1), Soy (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

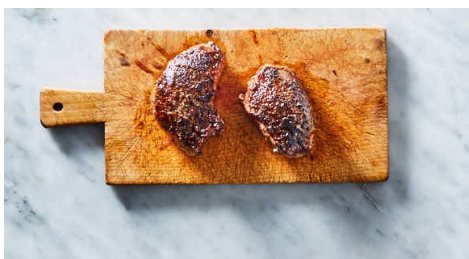
Calories 560kcal, Fat 29g, Carbs 48g, Protein 29g



### 1. Prep ingredients

Preheat oven to 450°F with racks in the top and bottom positions. Place a rimmed baking sheet on bottom rack to preheat.

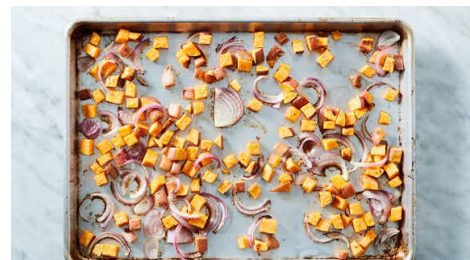
Halve **onion** and cut into ¼-inch slices. Finely chop **2 tablespoons of the sliced onions**. Scrub **sweet potato** and cut into ½-inch pieces (no need to peel).



### 4. Sear steaks

Pat **steaks** dry and pound to an even 1-inch thickness, if necessary. Season all over with **salt** and **pepper**.

Heat **1 teaspoon oil** in a medium heavy skillet over medium-high. Add steaks and cook until lightly charred and medium-rare, 3-4 minutes per side (or longer for desired doneness). Transfer to a cutting board to rest. Reserve skillet.



### 2. Roast sweet potatoes

In a large bowl, toss **sliced onions, sweet potatoes, 1½ tablespoons oil, ½ teaspoon salt, and a few grinds of pepper**. Carefully transfer to preheated baking sheet and spread into a single layer.

Roast on bottom oven rack until almost tender, 15-20 minutes. Reserve bowl.



### 5. Roast veggies, prep gravy

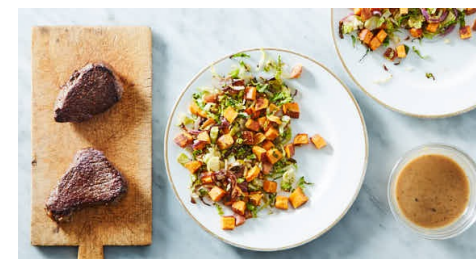
Meanwhile, remove **sweet potatoes** from oven and scatter **Brussels sprouts** over top. Roast on top oven rack until vegetables are tender and browned in spots, 8-10 minutes.

Heat **1 teaspoon oil** in reserved skillet over medium. Add **chopped onion**; cook until golden, 2-3 minutes.



### 3. Slice Brussels sprouts

Meanwhile, halve **Brussels sprouts** lengthwise and thinly slice crosswise, stopping at the stem; discard stems. Transfer to reserved bowl and toss with **2 teaspoons oil, ¼ teaspoon salt, and a few grinds of pepper**.



### 6. Finish pan gravy & serve

To skillet with **onions**, stir in **2 tablespoons vinegar** and **⅓ cup water**; simmer until thickened and glossy, 2 minutes. Stir in **2 teaspoons miso**. Off heat, stir in **1 tablespoon butter** and **steak resting juices**; season to taste with **salt** and **pepper**.

Thinly slice **steak** across the grain and serve with **veggie hash**. Drizzle **gravy** all over top. Enjoy!