

DINNERLY



Seared Steak with Peppers & Onions & Sour Cream Cauliflower Mash



30-40min



2 Servings

Steak and potatoes are tried and true for a reason! Silky cauliflower mash become extra decadent with the addition of sour cream and butter, perfectly complemented by hearty seared sirloin steak. Sweet charred peppers and onions provide your daily veg and a savory pan sauce ties it all together. We've got you covered!

WHAT WE SEND

- 1 yellow onion
- 1 bell pepper
- 1 head cauliflower
- 2 (1 oz) sour cream ⁷
- ¼ oz all-purpose spice blend
- ½ lb pkg sirloin steak
- 1 pkt beef broth concentrate

WHAT YOU NEED

- kosher salt & ground pepper
- unsalted butter ⁷
- neutral oil

TOOLS

- small saucepan
- potato masher or fork
- medium skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 520kcal, Fat 36g, Carbs 26g, Protein 26g



1. Prep ingredients

Halve **onion**, then cut into ½-inch wedges. Halve **pepper**, discard stem and seeds, then cut into ½-inch strips.

Cut **cauliflower** into ½-inch florets.



2. CAULIFLOWER VARIATION

To a small saucepan, add **cauliflower**, **2 teaspoons salt**, and **enough water to cover by ½ inch**. Cover; bring to a boil. Uncover; cook until easily pierced with a fork, 8–10 minutes. Reserve **¼ cup cooking water**; drain potatoes and return to pot off heat.

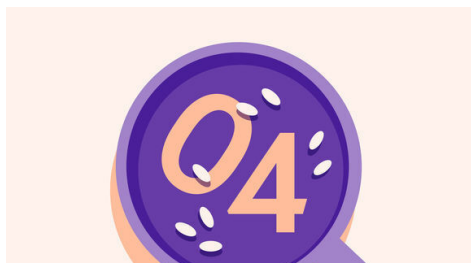
Add **sour cream**, **reserved cooking water**, and **1 tablespoon butter**; mash with a potato masher or fork. Season to taste.



3. Blister peppers & onions

Meanwhile, heat **1 tablespoon oil** in a medium skillet over medium-high. Add **peppers**, **onions**, and a **pinch of salt**. Cook, stirring occasionally, until vegetables are softened and charred in spots, 5–7 minutes.

Transfer to a bowl, season with ½ **teaspoon all-purpose spice blend**, and cover to keep warm. Wipe out skillet.

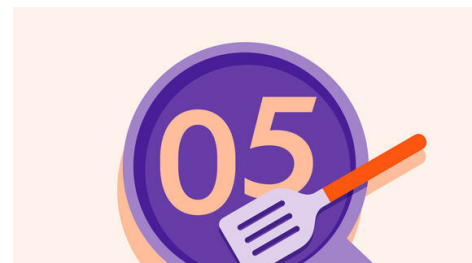


4. Sear steak

Pat **steaks** dry, then season all over with **remaining all-purpose spice blend** and a **large pinch of salt**.

Heat **1 tablespoon oil** in same skillet over medium-high. Add **steaks** and cook until well browned and medium-rare, 3–4 minutes per side (or longer for desired doneness).

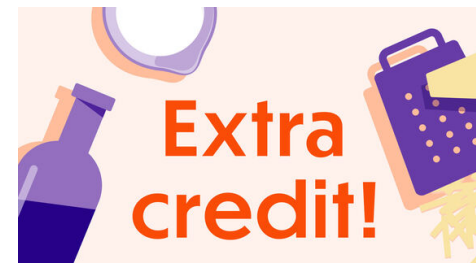
Transfer steaks to a cutting board to rest.



5. Finish & serve

Add **½ cup water** and **broth packet** to same skillet over medium heat; bring to a simmer, scraping up any browned bits. Simmer over medium-low heat until **sauce** has reduced slightly, 2–3 minutes. Whisk in **1 tablespoon butter**.

Thinly slice **steak**, if desired. Serve **steak** with **mashed cauliflower** and **peppers & onions** alongside, with **pan sauce** spooned over top. Enjoy!



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