



Steak with Roasted Veg & Mustard Pan Sauce:

Gastropub at Home



20-30min



2 Servings

There are a lot of ways to weeknight dinner special—but a fancy steak dinner sounds just about right to us. Soft, tender sweet potatoes, earthy green kale, crispy fried shallots, juicy seared steaks, plus a punchy mustard pan sauce make for a meal that will definitely end your night on a tasty note!

What we send

- 1 sweet potato
- 3 oz shallot
- 1 bunch curly kale
- 10 oz sirloin steaks
- 1 pkt Dijon mustard ¹⁷

What you need

- olive oil
- kosher salt & ground pepper
- white wine vinegar (or apple cider vinegar) ¹⁷
- butter ⁷

Tools

- rimmed baking sheet
- medium skillet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

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

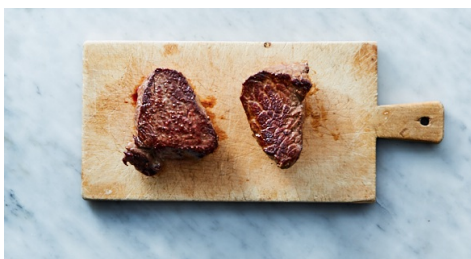
Nutrition per serving

Calories 680kcal, Fat 38g, Carbs 49g, Proteins 41g



1. Prep ingredients

Preheat oven to 450°F with a rack in the center. Scrub **sweet potato**, then cut lengthwise into ½-inch thick wedges. Halve and thinly slice **all of the shallot** lengthwise. Strip **kale leaves** from stems, then roughly chop leaves, discarding stems. In a medium bowl, toss kale with **2 teaspoons oil** and season with **salt** and **pepper**.



4. Sear steaks

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



2. Roast sweet potato wedges

On a rimmed baking sheet, toss **sweet potato wedges** with **1 tablespoon oil** and **a pinch each of salt and pepper**. Spread into a single layer and roast on center oven rack until potatoes are tender and golden, about 20 minutes.



5. Make pan sauce

Add **⅓ cup water** and **1 tablespoon each of mustard and vinegar** to same skillet; bring to a rapid simmer over medium-high. Cook, scraping up browned bits from bottom of the skillet, until slightly reduced, about 2 minutes. Add **1 tablespoon butter** and **any resting juices** from the steak and swirl until melted. Season to taste with **salt** and **pepper**.



3. Fry shallots

Meanwhile, heat **3 tablespoons oil** in a medium skillet over medium until shimmering. Add **shallots** and cook, stirring frequently with a fork, until golden, 7-10 minutes (watch closely, shallots will continue to darken once out of the oil). Transfer to a paper towel-lined plate; season with **salt**. Discard **frying oil**.



6. Wilt kale & serve

Meanwhile, scatter **kale** over **sweet potatoes** and continue to roast on center oven rack until kale is wilted, about 5 minutes. Serve **steaks** with **roasted sweet potatoes and kale**, and spoon **sauce** all over. Top with **fried shallots**. Enjoy!