



RIB-EYE STEAKS IN A SHALLOT DEMI-GLACE SAUCE

with Mashed Potatoes and Honey-Roasted Carrots













HELLO

HONEY-ROASTED CARROTS

A glaze with herbs brings out the root veg's natural sweetness.

PREP: 5 MIN | TOTAL: 40 MIN | CALORIES: 1230

-  Carrots
-  Yukon Gold Potatoes
-  Rib-Eye Steaks
-  Beef Demi-Glaze
(Contains: Milk)
-  Sour Cream
(Contains: Milk)
-  Herbs de Provence
-  Scallions
-  Shallot
-  Chili Flakes
-  Honey

START STRONG

After cooking the steaks, set them aside and let them rest for at least 5 minutes (cover them with foil to keep them warm). This allows the juices to settle and keeps the meat moist.

BUST OUT

- Peeler
- Strainer
- Large bowl
- Paper towels
- Baking sheet
- Large pan
- Medium pot
- Potato masher
- Olive oil (1 TBSP | 2 TBSP)
- Vegetable oil (2 tsp | 4 tsp)
- Butter (3 TBSP | 6 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 2-person | 4-person

- Carrots 4 | 8
- Herbs de Provence 1 tsp | 2 tsp
- Honey ½ oz | 1 oz
- Yukon Gold Potatoes 12 oz | 24 oz
- Scallions 2 | 4
- Rib-Eye Steaks 20 oz | 40 oz
- Shallot 1 | 2
- Beef Demi-Glace 1 | 2
- Chili Flakes 1 tsp | 2 tsp
- Sour Cream 6 TBSP | 12 TBSP

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



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1 PREHEAT AND PREP Wash and dry all produce. Adjust rack to upper position and preheat oven to 425 degrees. Peel **carrots**, then cut on an angle into ½-inch-thick pieces. In a large bowl, whisk together **herbs de Provence**, half the **honey**, and **1 TBSP olive oil**. Season with plenty of **salt** and **pepper**. Add carrots and toss to coat.



2 COOK CARROTS AND POTATOES Arrange **carrots** on a baking sheet. Roast in oven until browned and tender, about 20 minutes. Meanwhile, cut **potatoes** into cubes. Place in a medium pot with enough **salted water** to cover by 2 inches. Bring to a boil and cook until tender, about 15 minutes. Once done, drain well and set aside.



3 COOK STEAKS Meanwhile, trim, then thinly slice **scallions**, separating greens from whites. Pat **steaks** dry with a paper towel, then season generously all over with **salt** and **pepper**. Heat a large drizzle of **oil** in a large pan over medium-high heat. Add steaks and cook to desired doneness, 4-6 minutes per side.



4 SIMMER SAUCE Remove **steaks** from pan and set aside to rest for at least 5 minutes. Wipe out any browned bits from pan with a paper towel. Halve, peel, and mince **shallot** until you have 2 TBSP. Melt **1 TBSP butter** in pan used for steaks over medium heat. Add minced shallot and cook until just softened, about 1 minute. Stir in **demi-glace** and ⅓ **cup water**. Simmer until slightly thickened, about 1 minute.



5 FINISH DISH Stir **1 TBSP butter** and any **juices** released by steaks into **sauce**. Remove from heat and season with **salt** and **pepper**. Once **carrots** are done roasting, drizzle with remaining **honey** and sprinkle with **chili flakes** to taste. Place pot used for potatoes over low heat. Add 1 TBSP butter and **scallion whites**. Cook, stirring, until scallions are slightly softened, about 1 minute.



6 MASH AND SERVE Add **potatoes** to pot and mash with a potato masher or fork until smooth. Stir in **sour cream**. Season with **salt** and **pepper**. Slice **steaks** against the grain. Divide **carrots**, potatoes, and steaks between plates. Spoon **pan sauce** over steaks and potatoes. Garnish with **scallion greens**.

INCREDIBLE!

Break out the steak knives and get ready to dig in.

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