



More than Food

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## Seared Steak & Creamy Horseradish Sauce

with Rosemary-Roasted Root Vegetables

Pungent horseradish is a perfect match with rich, juicy steak. Served alongside deeply caramelized carrots and parsnips, this dish is full of hearty, woody flavors for fall.



35 min



level 1



nut free



gluten free



Sirloin Steak



Horseradish, prepared



Carrots



Parsnips



Garlic



Rosemary, fresh



White Wine Vinegar



Sour Cream

## Ingredients

	2 People	4 People
Sirloin Steak	12 oz	24 oz
Horseradish, prepared	2 T	4 T
Carrots	6 oz	12 oz
Parsnips	6 oz	12 oz
Garlic	2 cloves	4 cloves
Rosemary, fresh	¼ oz	½ oz
White Wine Vinegar	2 T	4 T
Sour Cream	1) 3 oz	6 oz
Oil*	1 T + 1 t	2 T + 2 t

\*Not Included

## Allergens

1) Milk

## Tools

Baking Sheet,  
Large Pan,  
Small Bowl, Peeler

Ruler

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**Nutrition per person** Calories: 644 cal | Carbs: 28 g | Fat: 42 g | Protein: 38 g | Fiber: 7 g | Sodium: 321 mg

*Make sure to wash and dry produce before prepping or cooking!*



**1** Preheat the oven to 400 degrees. Peel the **carrots** and **parsnips**, then slice into ½-inch thick spears (like steak fries). Cut the **garlic cloves** in half. Set two small **rosemary** sprigs aside for garnish, then pick the remaining rosemary leaves off the stems and roughly chop. Discard the stems.



**2** **Roast the vegetables:** toss the **carrots**, **parsnips**, and **chopped rosemary** on a baking sheet with **1 Tablespoon oil** and a pinch of **salt** and **pepper**. Place in the oven for about 25 minutes, tossing halfway through cooking, until tender and slightly caramelized.



**3** **Rub the steak:** rub the **steak** thoroughly with the halved **garlic cloves**, then season with **salt** and **pepper**. Heat **1 teaspoon oil** in a large pan over medium heat. Add the **garlic** to the pan and cook for about 1 minute, until slightly golden brown. Remove the garlic from the pan and discard.



**4** **Sear the steak:** increase the heat to medium-high and add the **steak** to the pan. Cook for 4-7 minutes per side, until cooked to desired doneness. Set aside to rest for 5 minutes.

**5** **Make the horseradish sauce:** in a small bowl, combine the **sour cream**, **vinegar**, and **horseradish**, to taste (start with 1 teaspoon and go up from there). Season with **salt** and **pepper**.

**6** Thinly slice the **steak** against the grain and serve alongside the **roasted vegetables**. Drizzle the **steak** with the **horseradish sauce** and garnish with a sprig of **rosemary**. Enjoy!