



More than Food

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## Rosemary-Basted Steak

with Roasted Parsnip Wedges and Garlicky Creamed Spinach

Get ready to learn a trick that steakhouses don't want you to know about—butter-basting! Finishing steak with herb and garlic-infused butter is how they take meat to the next level. Healthier versions of creamed spinach and *pomme frites* complete this 5-star restaurant-quality dinner.



30 min



level 2



gluten free



nut free



Sirloin Steak



Rosemary



Parsnips



Spinach



Sour Cream



Garlic

## Ingredients

	2 People	4 People
Sirloin Steak	12 oz	24 oz
Rosemary	¼ oz	½ oz
Parsnips	12 oz	24 oz
Spinach	8 oz	16 oz
Sour Cream	1) 2 T	4 T
Garlic	2 cloves	4 cloves
Butter*	1) 2 T	4 T
Olive Oil*	1 T	2 T

\*Not Included

## Allergens

1) Milk

## Tools

Large Pan, Peeler, Baking Sheet

Ruler

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**Nutrition per person** Calories: 648 cal | Carbs: 37 g | Fat: 38 g | Protein: 40 g | Fiber: 11 g | Sodium: 219 mg

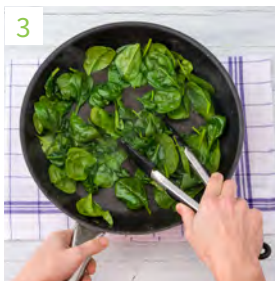
*Make sure to wash and dry produce before prepping or cooking!*



**1** Preheat the oven to 400 degrees. Peel and cut the **parsnips** into 3-inch wedges (similar to steak fries). Strip the **rosemary** off the sprig and roughly chop the leaves. Thinly slice the **garlic**. Toss the **parsnips** on a baking sheet with a drizzle of **oil**, **half the rosemary**, and a pinch of **salt** and **pepper**. Place in the oven to roast for 20-25 minutes, turning once during cooking, until golden brown.



**2** **Cook the steak:** Heat a drizzle of **oil** in a large pan over medium-high heat. Season the **steak** on all sides with **salt** and **pepper**. Add the **steak** to the pan and cook for 3-6 minutes per side, until almost cooked to desired doneness. Reduce the heat to low and add **2 Tablespoons butter**, the **remaining rosemary**, and **half the garlic** to the pan. Tilt the pan toward you to collect the melted butter. Using a spoon, continuously spoon the melted **butter**, **garlic**, and **rosemary** over the steak for 1-2 minutes, until cooked to desired doneness. Set the steak aside to rest for 5 minutes.



**3** **Cook the creamed spinach:** Heat another drizzle of **oil** in the same pan over medium heat. Add the **remaining garlic** and cook for 30 seconds, until fragrant. Add the **spinach** and a splash of **water** to the pan and cook, tossing, until wilted, for 3-4 minutes. Remove the spinach from the pan and let cool for 1 minute, then stir in the **sour cream**. Season with **salt** and **pepper**.



**4** Slice the **steak** against the grain and serve alongside the **roasted parsnips** and **creamed spinach**. Enjoy!