



SWEETHEART'S NEW YORK STRIP STEAK

with Sweet Potatoes, Brussels Sprouts, and Blood Orange Sauce



HELLO
BLOOD ORANGE
 The citrus fruit has a bright flavor and blushing red color to set the mood for Valentine's Day.

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 910

- Brussels Sprouts
- Parsley
- Brown Sugar
- Rosemary
- Dried Cranberries
- Sweet Potatoes
- Blood Orange
- New York Strip Steak
- Beef Demi-Glace
(Contains: Milk)

START STRONG

Nothing says “date-night dinner” like a nice piece of steak, so break out some candles, your best plates, and a bottle of wine—check out our sommelier’s recommendation below!

BUST OUT

- Peeler
- Strainer
- Small bowl
- Potato masher
- Baking sheet
- Large pan
- Medium pot
- Oil (1 TBSP | 2 TBSP)
- Butter (2 TBSP | 4 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient **2-person** | **4-person**

- Brussels Sprouts **8 oz** | **16 oz**
- Sweet Potatoes **3** | **6**
- Parsley **¼ oz** | **½ oz**
- Blood Orange **1** | **2**
- Brown Sugar **1 TBSP** | **2 TBSP**
- New York Strip Steak **12 oz** | **24 oz**
- Rosemary **¼ oz** | **¼ oz**
- Beef Demi-Glace **1** | **2**
- Dried Cranberries **½ oz** | **1 oz**

HELLO WINE



PAIR WITH
Ojas Monterey County
Red Blend, 2015

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)

HelloFRESH



1 PREHEAT AND PREP
Wash and dry all produce. Adjust rack to middle position and preheat oven to 400 degrees. Trim **Brussels sprouts**, then halve lengthwise through stem ends. Peel **sweet potatoes**, then cut into ½-inch cubes. Mince **parsley**. Halve **orange**, then squeeze juice into a small bowl.



4 COOK STEAK
While sweet potatoes cook, heat a drizzle of **oil** in a large pan over medium-high heat. Season **steak** all over with **salt** and **pepper**. Add to pan and cook to desired doneness, 2-5 minutes per side. Remove from pan and set aside to rest on a plate for at least 5 minutes.



2 ROAST BRUSSELS SPROUTS

Toss **Brussels sprouts** on a baking sheet with a large drizzle of **oil**. Season with **salt** and **pepper**. Roast in oven until lightly crisped, 15-20 minutes.
TIP: Arrange the Brussels sprouts cut-side down to help them cook and crisp evenly.



5 MAKE SAUCE

Carefully pour out any excess grease in pan used for steak, then return to stove over medium-high heat. Stir in ½ **cup water**, **orange juice**, **1 rosemary sprig** (use the rest as you like), and **demi-glace**. Bring to a boil, then lower heat and simmer until thickened, 3-4 minutes. Add **1 TBSP butter** and half the **parsley**, stirring to melt butter. Season with **salt** and **pepper**.



3 COOK SWEET POTATOES
Place **sweet potatoes** in a medium pot with enough **salted water** to cover by 1 inch. Bring to a boil. Cook until tender, about 12 minutes. Drain thoroughly, then return to pot. Add **brown sugar** and **1 TBSP butter**. Mash with a potato masher or fork until smooth. Season with **salt** and **pepper**. Keep covered off heat until meal is ready.



6 FINISH AND PLATE

Divide **sweet potatoes** between plates. Toss **Brussels sprouts** with half the **cranberries** (use the rest as you like) and divide between plates. Stir any **juices** released by steak into **sauce** in pan; discard **rosemary sprig**. Divide **steak** between plates and drizzle with sauce. Garnish with remaining **parsley**.

BE MINE!

A dish like this is almost too good to share.

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