



PAN-SEARED SIRLOIN AND SAVORY DEMI-GLACE SAUCE

with Brussels Sprouts Amandine and Mashed Sweet Potatoes



HELLO AMANDINE

Toasted almonds add crunch and nutty flavor to roasted Brussels sprouts.

PREP: 10 MIN | TOTAL: 40 MIN | CALORIES: 810

-  Sweet Potatoes
-  Chives
-  Sour Cream
(Contains: Milk)
-  Sirloin Steak
-  Lemon
-  Brussels Sprouts
-  Sliced Almonds
(Contains: Tree Nuts)
-  Beef Demi-Glace
(Contains: Milk)

START STRONG

For maximum golden-brown crispiness, arrange Brussels sprouts a few inches apart on your baking sheet with cut sides down. The sprouts will sizzle and caramelize on the outside while staying tender on the inside.

BUST OUT

- Zester
- Baking sheet
- Medium pot
- Medium pan
- Strainer
- Small bowl
- Potato masher
- Paper towels
- Butter (4 TBSP)
(Contains: Milk)
- Olive oil (1 TBSP)
- Vegetable oil (1 TBSP)

INGREDIENTS

Ingredient **4-person**

- Sweet Potatoes **4**
- Lemon **1**
- Chives **½ oz**
- Brussels Sprouts **16 oz**
- Sour Cream **6 TBSP**
- Sliced Almonds **1 oz**
- Sirloin Steak* **28 oz**
- Beef Demi-Glace **2**

* Steak is fully cooked when internal temperature reaches 145 degrees.

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.

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



HelloFRESH



1 PREP Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry all produce.** Dice **sweet potatoes** into ½-inch cubes. Zest **lemon** until you have 2 tsp; quarter lemon. Thinly slice **chives**. Trim and halve **Brussels sprouts**.



4 TOAST ALMONDS While Brussels sprouts roast, place **almonds** in a medium, dry pan over medium-high heat. Cook, stirring often, until lightly browned and fragrant, 3-4 minutes. Turn off heat; transfer to a small bowl. Toss with **lemon zest, salt, and pepper**. Wipe out pan.



2 MAKE MASHED SWEET POTATOES Place **sweet potatoes** in a medium pot with enough **salted water** to cover by 2 inches. Boil until tender, 15 minutes. Drain. Melt **2 TBSP butter** in same pot over low heat. Add sweet potatoes and mash until smooth. Stir in **sour cream** and half the **chives**; season with **salt** and **pepper**.



5 COOK STEAK Pat **steak** dry with paper towels; season all over with **salt** and **pepper**. Heat **1 TBSP oil** in same pan over medium-high heat. Add steak and cook to desired doneness, 4-7 minutes per side. Turn off heat; remove steak from pan and let rest 3-5 minutes. Wipe out pan.



3 ROAST BRUSSELS SPROUTS While sweet potatoes cook, toss **Brussels sprouts** on a baking sheet with **1 TBSP olive oil, salt, and pepper**. Roast until browned and slightly crispy, about 20 minutes.



6 FINISH AND SERVE Add **demi-glace** and **⅓ cup water** to same pan. Bring to a boil over medium-high heat, then reduce heat to low. Whisk in **2 TBSP butter** and any **resting juices** from steak. Season with **salt** and **pepper**. Toss **Brussels sprouts** with **almonds** and juice from **2 lemon wedges**. Thinly slice **steak**. Divide **sweet potatoes**, Brussels sprouts, and steak between plates. Top steak with sauce. Sprinkle with remaining **chives**.

FRESH TALK

Beefsteak, cherry, and grape are all types of what?

Share your #HelloFreshPics with us! | (646) 846-3663 [HelloFresh.com](https://www.hellofresh.com) | hello@hellofresh.com

WK.10.NJ-16_FAM