



Cooking Made Easy



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Steak Tagliata

with Rosemary Sweet Potato Wedges & Watercress Salad



Hearty watercress and thick-cut rosemary steak fries are the perfect accompaniment to juicy steak tagliata. Warming the tomatoes and oregano vinaigrette together makes for a fragrant dressing to drizzle over this Italian steakhouse dish.



35 min



level 1



lactose free



nut free



gluten free



Sirloin Steak



Watercress



Grape Tomatoes



Sweet Potato



Rosemary



Dried Oregano



Garlic



Balsamic Vinegar

Ingredients	2 People	4 People
Sirloin Steak	12 oz	24 oz
Watercress	4 oz	8 oz
Grape Tomatoes	1 bunch	2 bunches
Sweet Potato	1	2
Rosemary	1 sprig	2 sprigs
Dried Oregano	1 t	2 t
Garlic	2 cloves	4 cloves
Balsamic Vinegar	1 T	2 T
Olive Oil*	3 T	6 T

*Not Included

Allergens
(None)

Tools

Baking Sheet,
Small Bowl, Medium Pan

Ruler

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Nutrition per person Calories: 614 cal | Carbs: 46 g | Fat: 30 g | Protein: 42 g | Fiber: 8 g



1 Preheat oven to 400 degrees. Take the **steak** out of the refrigerator and allow to come to room temperature. Halve the **tomatoes**. Wash the **sweet potato**, then halve and cut into wedges (no need to peel!). Strip the **rosemary leaves** off the sprig, then roughly chop. Smash **garlic cloves** with the side of your knife.



2 Toss **sweet potato wedges** on a baking sheet with the **smashed garlic, rosemary, 1 tablespoon olive oil, salt, and pepper**. Place in the oven for 20 minutes, flipping halfway through, until golden brown.



3 Meanwhile, combine 1 1/2 tablespoons **olive oil**, 1 tablespoon **balsamic vinegar**, and 1/2 teaspoon **dried oregano** in a small bowl. Season vinaigrette with **salt and pepper**. Set aside.



4 Heat 1/2 tablespoon **olive oil** in a medium pan over medium-high heat. Pat the **steak** dry and season with **salt and pepper** on both sides. Add the steak to the pan and cook for 3-4 minutes per side, until golden brown. Transfer steak to the baking sheet in the oven to finish cooking for 6-8 minutes, or until cooked to desired doneness. When steak and potatoes are done, remove from oven. Allow steak to rest for 5 minutes.

5 Meanwhile, add the **balsamic vinaigrette** and the **tomatoes** to the same pan you cooked the steak in. Allow vinaigrette to cook slightly from the residual heat left in the hot pan.

6 Once **steak** has rested, thinly slice the steak against the grain.

7 Mound the **watercress** on a plate. Top with the **sliced steak** and serve alongside the **sweet potato wedges**. Drizzle with the **tomatoes** and **vinaigrette** and enjoy!

Tip Allowing meat to rest after cooking ensures all the juices and flavors are locked in.