



Cooking Made Easy

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Quick-Marinated Steak with Balsamic-Glazed Summer Vegetables



Rosemary, orange, garlic, and balsamic team up for a winning marinade in this weeknight steak dinner. Used on both the steak and glazed vegetables, it infuses the dish with the perfect balance of sweet, savory, and tangy flavor. The key to these veggies is caramelization—don't take them out of the oven until they're nice and golden brown!



30 min



level 1



nut
free



lactose
free



gluten
free



Sirloin Steak



Bell Pepper



Zucchini



Asparagus



Yukon Potatoes



Balsamic Vinegar



Rosemary



Orange



Garlic

Ingredients	2 People	4 People
Sirloin Steak	12 oz	24 oz
Bell Pepper	1	2
Zucchini	1	2
Asparagus	1 bunch	2 bunches
Yukon Potatoes	12 oz	24 oz
Balsamic Vinegar	2 T	4 T
Rosemary	1 sprig	2 sprigs
Orange	1	2
Garlic	2 cloves	4 cloves
Olive Oil*	3 T	6 T

*Not included

Allergens
(None)

Tools
Baking Sheet, 2 Medium Bowls, Small Pot, Zester, Shallow Dish

Ruler

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Nutrition per person Calories: 696 cal | Carbs: 52 g | Fat: 35 g | Protein: 45 g | Fiber: 10 g



1 Preheat oven to 425 degrees. Halve, seed, and remove the white ribs from the **bell pepper**, then cut into 1-inch cubes. Zest and juice the **orange**. Quarter the **zucchini** lengthwise, then cut into 2-inch sticks. Trim and discard the bottom inch of the **asparagus**. Cut the **potatoes** into 1-inch cubes. Mince or grate the **garlic**.



2 Toss the **zucchini, bell pepper, asparagus, and potatoes** on a baking sheet and with 1 tablespoon **olive oil** and a pinch of **salt** and **pepper**. Place in the oven to roast for 20-25 minutes, until lightly caramelized.



3 Meanwhile, make the **marinade**: strip **rosemary leaves** off the sprig and finely chop. In a shallow dish, combine the **balsamic vinegar, garlic, orange zest, orange juice, rosemary, 1 tablespoon olive oil,** and a large pinch of **salt** and **pepper**. Reserve **half this marinade**, then add the **steak** to the dish and flip to coat in the **marinade**. Set aside for 5 minutes. **HINT:** This is a great time to get a jump-start on your cleanup!



4 Heat 1 tablespoon **oil** in a large pan over medium-high heat. Season **steak** with **salt** and **pepper** on both sides. Add the steak to the pan and cook 3-5 minutes per side, until cooked to desired doneness. Set the steak aside to rest for 5 minutes.

5 While the steak rests, remove the baking sheet from the oven and heat broiler to high. Toss the **vegetables** with the **reserved marinade** return to the oven to broil for 2-3 minutes, until vegetables are glazed. **HINT:** Watch carefully, some broilers can get hotter than others!

6 Thinly slice the **steak** against the grain and serve with the **glazed vegetables** to the side. Enjoy!