



More than Food

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Pan-Seared Steak

with Cipollini Onions, Roasted Yukon Potatoes, and Tomato Pan Sauce

These flat, tiny onions are sweeter than typical onions. After a quick roast in the oven, they become caramelized and nearly candy-like. Served alongside juicy steak and drizzled with a rich tomato pan sauce, this dish would win any chef's stamp of approval.



Sirloin Steak



Yukon Potatoes



Cipollini Onions



Garlic



Beef Stock Concentrate



Parsley



Roma Tomato

Ingredients	2 People	4 People
Sirloin Steak	12 oz	24 oz
Yukon Potatoes	12 oz	24 oz
Cipollini Onions	8 oz	16 oz
Garlic	2 cloves	4 cloves
Beef Stock Concentrate	1	2
Parsley	¼ oz	½ oz
Roma Tomato	1	2
Butter*	2 T	4 T
Oil*	1 T + 1 t	2 T + 2 t

*Not Included

Allergens

1) Milk

Tools

Baking Sheet, Large Pan

Ruler

0 in ¼ in ½ in ¾ in 1 in

Nutrition per person Calories: 751 cal | Carbs: 46 g | Fat: 45 g | Protein: 40 g | Fiber: 7 g | Sodium: 514 mg

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



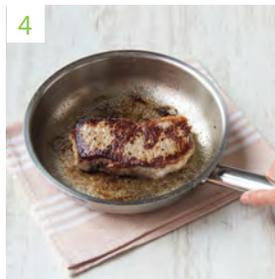
1 Preheat the oven to 400 degrees. Remove the **steak** from fridge to let it come up to temperature.

2 Prep the vegetables: Quarter the **potatoes**. Mince or grate the **garlic**. Halve, seed, and dice the **tomato**. Finely chop the **parsley leaves**, reserving a few for garnish.



3 Roast the potatoes and onions: Toss the **onions** and **potatoes** on a baking sheet with **1 Tablespoon olive oil** and season with **salt** and **pepper**. Roast for 25-30 minutes, tossing halfway through cooking, until soft and golden brown.

4 Cook the steak: heat **1 teaspoon 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 4-7 minutes per side, until cooked to desired doneness. Set aside to rest for 5 minutes.



5 Make the tomato pan sauce: add the **tomato** and **garlic** to the pan, along with a drizzle of oil, if necessary. Reduce the heat to medium and cook, tossing, for 2 minutes, until softened. Season with **salt** and **pepper**. Add the **stock concentrate** and **1 cup water** to the pan, bring to a boil, and allow to reduce until thickened, for 2-3 minutes. Remove the pan from the heat, then stir in **2 Tablespoons butter** and the chopped **parsley**. Taste and season with **salt** and **pepper**, if necessary.



6 Slice the **steak** against the grain and serve with the **potatoes** and **onions**. Spoon the **tomato pan sauce** over the **steak** and garnish with the reserved **parsley leaves**. Enjoy!