



More than Food

hellofresh.com | hello@hellofresh.com



DEC 2015 Share your masterpiece! Tag your photos with #HelloFreshPics and share on You'll be entered into our weekly photo contest!

Soy-Glazed Steak

with Wasabi Mashed Potatoes and Sesame Spinach

A sweet and savory soy glaze gives this steak a winning finish. These mashed potatoes have both wasabi for kick and sour cream for silkiness, making them hard to resist. Paired with sesame-infused spinach, this steak and potatoes twist is one you'll be making again and again.



45 min



level 2



gluten free



nut free



Sirloin Steak



Russet Potatoes



Wasabi Paste



Scallions



Sour Cream



Soy Sauce



Ginger



Spinach




Sesame Seeds



Beef Stock Concentrate

Ingredients

	2 People	4 People
Sirloin Steak	12 oz	24 oz
Russet Potatoes	12 oz	24 oz
Wasabi Paste 	1 t	2 t
Scallions	2	4
Sour Cream	1) 2 oz	4 oz
Soy Sauce	2) 2 T	4 T
Ginger	1 thumb	2 thumbs
Spinach	5 oz	10 oz
Sesame Seeds	1 T	2 T
Beef Stock Concentrate	1	2
Sugar*	1 T	2 T
Butter*	1) 1 T	2 T
Olive Oil*	2 t	4 t

*Not Included

Allergens

1) Milk

2) Soy

Tools

Large Pan, Small Bowl, Medium Pot, Strainer, Masher, Peeler

Ruler

0 in 1/4 in 1/2 in 3/4 in 1 in

Nutrition per person Calories: 751 cal | Carbs: 50 g | Fat: 42 g | Protein: 44 g | Fiber: 7 g | Sodium: 1595 mg

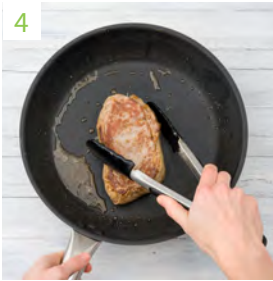
Make sure to wash and dry produce before prepping or cooking!

2



1 Boil the potatoes: Peel and dice the **potatoes** into 1/2-inch cubes. Place the **potatoes** in a medium pot with a generous pinch of **salt** and enough water to cover. Bring to a boil, then reduce to simmer and cook for 10-12 minutes, until fork-tender. Drain.

4



2 Prep the ingredients: Meanwhile, thinly slice the **scallions**, keeping the greens and whites separate. Peel and mince or grate **1 teaspoon ginger**.

3 Make the soy glaze: In a small bowl, combine the **soy sauce**, **stock concentrate**, **1 teaspoon ginger**, **1 Tablespoon sugar**, and 1/4 cup **water**.

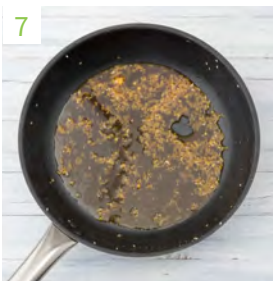
6



4 Cook the steak: Heat a drizzle of **oil** in a large pan over medium 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, or until cooked to desired doneness. Set aside to rest for 5 minutes. Wipe out any black bits in the pan with a paper towel.

5 Make the wasabi mashed potatoes: While the **steak** cooks, heat **1 Tablespoon butter** and the **scallion whites** in the same pot you cooked the **potatoes** in over medium heat. Cook for 30 seconds, until melted and fragrant. Add the drained **potatoes**, **sour cream**, and the **wasabi** (to taste, start with a tiny bit and go up from there!) Mash thoroughly with a fork or potato masher until smooth, adding a splash of **water** if necessary. Taste and season with **salt** and **pepper**.

7



6 Cook the spinach: In the same pan you cooked the **steak** in, heat a drizzle of **oil** over medium heat. Add the **sesame seeds** and toast, tossing constantly, for 30 seconds. Add the **spinach** and a splash of **water** to the pan and cook, tossing, until wilted, for 1-2 minutes. Season with **salt** and **pepper**, then set aside, covered, to keep warm.

7 Reduce the soy glaze: Add the **soy glaze** to the same pan you cooked the **spinach** in. Bring the mixture to a simmer over medium heat and reduce until slightly thickened, for 1-2 minutes.

8 Plate: Thinly slice the **steak** against the grain and serve alongside the **spinach** and **wasabi mashed potatoes**. Drizzle the **soy glaze** over the **steak** and garnish with the **scallion greens**. Enjoy!