



SIRLOIN STEAK AU JUS

with Roasted Broccoli and Fingerling Potatoes



HELLO AU JUS

The French term for a dish served with a sauce made from savory meat drippings

PREP: 10 MIN

TOTAL: 40 MIN

CALORIES: 960



Multicolor Fingerling Potatoes



Shallot



Thyme



Pine Nuts
(Contains: Tree Nuts)



Beef Demi-Glace
(Contains: Milk)



Parmesan Cheese
(Contains: Milk)



Heirloom Grape Tomatoes



Parsley



Broccoli Florets



Sirloin Steak



Garlic Herb Butter
(Contains: Milk)

START STRONG

Ingredients like parsley, thyme, and pine nuts have strong flavors that may appeal more to adults than younger eaters. You can skip or use less of them for the kids.

BUST OUT

- Baking sheet
- Paper towel
- Large pan
- Large bowl
- Small bowl
- Vegetable oil (2 tsp)
- Olive oil (4 tsp)
- Butter (2 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 4-person

- Heirloom Grape Tomatoes 4 oz
- Shallot 1
- Parsley ¼ oz
- Thyme ¼ oz
- Multicolor Fingerling Potatoes 24 oz
- Broccoli Florets 16 oz
- Pine Nuts 1 oz
- Sirloin Steak 20 oz
- Beef Demi-Glace 1
- Garlic Herb Butter 2 TBSP
- Parmesan Cheese ½ Cup

WINE CLUB

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HelloFRESH



1 PREHEAT AND PREP
Wash and dry all produce. Lightly oil a baking sheet and place in oven on upper rack. Preheat oven to 450 degrees. Halve **tomatoes**. Halve and peel **shallot**, then finely chop. Pick **parsley leaves** from stems. Finely chop leaves and stems, keeping them separate. Pick **1 tsp thyme leaves**; reserve sprigs.



4 TOAST PINE NUTS AND COOK STEAK
Meanwhile, put **pine nuts** in a large pan and place over medium-high heat. Toast, tossing often, until golden, 3-5 minutes. Transfer to a small bowl. Heat a drizzle of **oil** in same pan over medium-high heat. Pat **steak** dry with a paper towel. Season with plenty of **salt and pepper**. Add to pan and cook to desired doneness, 3-6 minutes per side. Remove from pan and set aside to rest on a plate. Wipe out pan.

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2 ROAST POTATOES
Halve **potatoes** lengthwise. Toss with a large drizzle of **olive oil** and season with plenty of **salt and pepper**. Carefully remove sheet from oven and arrange potatoes on it cut-side down, keeping them toward one side of sheet. Nestle half the **thyme sprigs** amongst potatoes (use the rest as you like). Roast in oven 10 minutes.



5 MAKE SAUCE
Place same pan over medium-high heat. Add **shallot** and a drizzle of **olive oil**. Cook until softened, 1-2 minutes. Stir in **demi-glace, tomatoes**, and **½ cup water**. Bring to a simmer, then remove from heat. Stir in reserved **thyme leaves**, half the **parsley leaves**, and **2 TBSP plain butter**. Season with **salt and pepper**. Stir in any **juices** released by steak. Once done, remove **potatoes and broccoli** from oven. Heat broiler to high.



3 ADD BROCCOLI
After 10 minutes, remove **potatoes** from oven and flip, keeping toward one side of sheet. Toss **broccoli** with a drizzle of **olive oil, salt, and pepper** and arrange on other side of sheet. Return to oven and roast until potatoes are tender and broccoli is beginning to char at edges, about 20 minutes more.



6 FINISH AND SERVE
In a large bowl, toss **potatoes** with **garlic herb butter** and **parsley stems**. Sprinkle **Parmesan** over **broccoli** on sheet. Place under broiler to melt, 2-3 minutes. Divide **steak, potatoes, and broccoli** between plates. Sprinkle **pine nuts** over broccoli. Spoon **sauce** over steak. Top with rest of **parsley leaves**.

FRESH TALK

Would you rather live in a castle or at the top of a skyscraper?

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