



AUG
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Pepper-Crusted Steak

with Warm Potato and Sugar Snap Pea Salad

Our peppercorn crust pulls no punches. It's time for this seasoning to shine, as you enjoy hints of citrus, mustard and even sweetness pepper can offer. We've softened the blow with our creamy potato salad - crunchy sugar snap peas and dill add sophistication.



Prep
30 min



level 1



gluten
free



dairy
free



Sirloin Steak



Mini Yukon
Potatoes



Mixed
Peppercorns



Sugar Snap
Peas



Green Onions



Dill



Mayonnaise



Dijon Mustard

Ingredients

	2 People	4 People
Sirloin Steak	1	2
Mini Yukon Potatoes	1 pkg (340 g)	2 pkg (680 g)
Mixed Peppercorns, crushed	1 pkg (1 tbsp)	2 pkg (2 tbsp)
Sugar Snap Peas, trimmed	1 pkg (170 g)	2 pkg (340 g)
Mayonnaise	1) 1 pkg (1 tbsp)	2 pkg (2 tbsp)
Dijon Mustard	2) 3) 1 tsp	2 tsp
Green Onion	1	2
Dill	1 pkg (7 g)	2 pkg (14 g)
Olive or Canola Oil*		

*Not Included

Allergens

- 1) Egg/Oeuf
- 2) Mustard/Moutarde
- 3) Sulphites/Sulfites

Tools

Baking Sheet, Shallow Dish, Large Pan, Strainer, Large Bowl, Measuring Spoons

Ruler

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Nutrition per person Calories: 473 cal | Fat: 16 g | Sat. Fat: 4 g | Protein: 41 g | Carbs: 40 g | Sugar: 5 g | Sodium: 166 mg
Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



1 Preheat your oven to 450°F. Start prepping when your oven comes up to temperature!

2 Roast the potatoes: Wash, then cut the potatoes into 1-inch pieces. Toss the potatoes with a drizzle of oil on a parchment-lined baking sheet. Season with salt and pepper. Roast in the centre of the oven for 20 minutes.



3 Prep: Wash and dry all remaining produce. Thinly slice the green onion. Roughly chop the dill.

4 Prep the steak: Meanwhile, pour the crushed peppercorns in a shallow dish and season with salt. Lightly coat the steak with oil, then press into the crushed peppercorns to coat on one side only.

5 Cook the steak: Heat a drizzle of oil in a large pan over medium-high heat. Add the steak to the pan and cook for 4-7 minutes per side, until golden brown and cooked to desired doneness. (TIP: Inserting a thermometer into a medium steak should display an internal temperature of 160°F.) Set aside on a plate to rest for 5 minutes.



6 Roast the snap peas: After the potatoes have baked for 20 minutes, give them a stir. Add the sugar snap peas to the baking sheet. Return to the oven and roast until veggies are golden, 8-10 more minutes.

7 Make the dressing: Meanwhile, in a large bowl, combine the mayonnaise and Dijon mustard (DO: measure out) with green onion and dill. When veggies are done, add the potato and sugar snap peas. Season with salt and pepper.

8 Finish and serve: Cut the steak in half and plate with the salad on the side. Enjoy!

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