



OCT
2016

Peppercorn Steak

with Crispy Roasted Potatoes & Creamed Kale

Creamy peppercorn sauce over juicy steak is dinner perfection. It's impossible to mess up, yet bound to impress! Classic roasted potatoes and greens complete this cozy dish.



Prep
30 min



level 1



Sirloin Steak



Kale



Baby Red
Potatoes



Shallot



Sour Cream




Beef Broth
Concentrate



Black Peppercorns

Ingredients

	2 People	4 People	
Sirloin Steak	1 pkg (340 g)	1 pkg (680 g)	
Kale, chopped	1 pkg (100 g)	1 pkg (200 g)	
Baby Red Potatoes	1 pkg (340 g)	1 pkg (680 g)	
Shallot	1	2	
Sour Cream	1) 1 pkg (3 tbsp)	1 pkg (6 tbsp)	
Beef Broth Concentrate	1	2	
Black Peppercorns, crushed 	1 pkg (1 tsp)	1 pkg (2 tsp)	
Butter*	1) 1½ tsp	1 tbsp	
Olive or Canola Oil*			

*Not Included

Allergens

1) Milk/Lait

Tools

Large Pan, Baking Sheet, Measuring Spoons, Large Bowl, Measuring Cup

Ruler

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Nutrition per person Calories: 707 cal | Fat: 36 g | Sat. Fat: 13 g | Protein: 59 g | Carbs: 37 g | Sugar: 2 g | Sodium: 722 mg | Fiber: 7 g

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

2



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

2 Roast the potatoes: Wash and dry all produce. Cut the **potatoes** into half (or quarters if the potatoes are larger.) On a baking sheet, toss the **potatoes** with a drizzle of **oil** and a pinch of **salt**. Bake in the centre of the oven, stirring halfway through cooking, until the **potatoes** are golden brown, 25-28 min.

3



3 Cook the kale: Meanwhile, melt the **butter** in a large pan over medium heat. Add the **kale** and a splash of **water** to the pan. Cook, stirring occasionally, until kale is very soft, 4-5 min. Remove from the heat and stir in **half the sour cream**. Season with **salt**. Transfer to a large bowl. Cover to keep warm. Wipe the pan clean.

5



4 Cook the steak: Season the **steak** on all sides with **salt** and **pepper**. Heat the same pan over medium-high heat. Add a drizzle of **oil**, then the **steak**. Cook for 4-7 min per side, until cooked to desired doneness (**TIP:** Inserting a thermometer into a medium steak should display an internal temperature of 160°F.) Transfer the steak to a plate.

5 Make the peppercorn sauce: Meanwhile, halve, peel, and mince the **shallot**. Heat another drizzle of **oil** in the same pan. Add the **shallot** and as much **crushed peppercorn** as you like, to the pan. Cook until shallots are soft, 2-3 min. Add the **broth concentrate(s)** and **½ cup water** (double for 4 people) and scrape up any browned bits from the bottom of the pan. Bring to a simmer. Remove from the heat and stir in the **remaining sour cream**.

6 Finish and serve: Slice the **steak** against the grain, then serve alongside the **roasted potatoes** and **creamed kale**. Drizzle the **steak** with the **peppercorn sauce**. Enjoy!

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