



# QUICK-MARINATED STEAK

with Roasted Orange-Balsamic Veggies



HELLO

## ORANGE-BALSAMIC SAUCE

Sweet orange juice and tangy balsamic vinegar come together to make a quick pan sauce

PREP: 20 MIN | TOTAL: 30 MIN | CALORIES: 556



Beef Steak



Yukon Potatoes



Red Bell Pepper



Zucchini



Rosemary



Navel Orange



Garlic



Balsamic Vinegar



Honey

## BUST OUT

- 2 Baking Sheets
- Salt
- Large Non-Stick Pan
- Pepper
- Zester
- Olive or Canola oil
- Shallow Dish

## INGREDIENTS

4-person

- Beef Steak 2 pkg (570 g)
- Yukon Potatoes 1 pkg (340 g)
- Red Bell Pepper 460 g
- Zucchini 454 g
- Rosemary 1 pkg (10 g)
- Navel Orange 1
- Garlic 2 pkg (20 g)
- Balsamic Vinegar 9 2 bottle (4 tbsp)
- Honey 1 pkg (1 tbsp)

## ALLERGENS | ALLERGÈNES

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

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

\*Laver et sécher tous les aliments.

\*\*Cuire jusqu'à une température interne minimale de 160°F.

## START STRONG

Preheat the oven to **450°F** (to roast the veggies). Start prepping when your oven comes up to temperature!



**1 ROAST POTATOES** Wash and dry all produce.\* Cut the **potatoes** into ½-inch cubes. On a baking sheet, toss the potatoes with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, stirring halfway through cooking, until the potatoes are golden-brown, 25-28 min.



**2 MARINATE STEAKS** Meanwhile, finely chop **2 tsp rosemary leaves**. Zest, then juice the **orange**. Mince or grate the **garlic**. In a shallow dish, stir together the **vinegar**, **honey**, rosemary, garlic, orange zest and juice. Add the **steaks** and set aside.



**3 ROAST VEGGIES** Core, then cut the **bell peppers** into ½-inch cubes. Cut the **zucchini** into 2-inch long sticks. On another baking sheet, toss the bell pepper and zucchini with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, stirring halfway through cooking, until the veggies are tender, 9-10 min.



**4 SEAR STEAK** Meanwhile, heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the **steaks**. (Keep the marinade - we'll use it to make a sauce later!) Sear until golden-brown and cooked to desired doneness, 4-7 min per side. (**TIP:** Cook to a minimum internal temperature of 160°F.\*\*) Transfer the steak to a plate.



**5 MAKE GLAZE** Add the **marinade** to the same pan. Bring to a gentle boil and cook until the sauce reduces by half the amount, 1-2 min. Season with **salt** and **pepper**.



**6 FINISH AND SERVE** Thinly slice the **steak** and divide the **veggies** and steak between plates. Drizzle over with the **orange-balsamic pan sauce**.

## SWEET!

Roasting gives vegetables a hint of sweet, caramel flavour. Try it with different veggies!