



ROSEMARY AND BUTTER-BASTED STEAK

with Roasted Parsnip and Garlicky Creamed Swiss Chard

PRONTO



HELLO

BUTTER-BASTING

This 'cheffy' trick of continuously spooning butter over steak produces a restaurant-quality result



Beef Steak



Rosemary



Parsnip, sticks



Swiss Chard, chopped



Garlic



Sour Cream

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 540

BUST OUT

- Baking Sheet
- Butter **2** (2 tbsp | 4 tbsp)
- Garlic Press
- Salt and Pepper
- Large Non-Stick Pan
- Olive or Canola oil
- Medium Bowl
- Measuring Spoons

INGREDIENTS

2-person | 4-person

- Beef Steak 340 g | 680 g
- Rosemary 10 g | 10 g
- Parsnip, sticks 340 g | 680 g
- Swiss Chard, chopped 175 g | 350 g
- Garlic 10 g | 20 g
- Sour Cream **2** 3 tbsp | 6 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 soya, 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 145°F.



START STRONG

Preheat the oven to **400°F** (to roast the parsnip). Start prepping when the oven comes up to temperature!



1 PREP Wash and dry all produce.* Strip the **rosemary leaves** off the stems and finely chop **2 tsp** (double for 4 ppl.) Mince or grate the **garlic**. On a baking sheet, toss the **parsnips** with **half the rosemary** and a drizzle of **oil**. Bake in the centre of the oven, stirring halfway through baking, until golden-brown and crisp on the outside, 25-30 min.



4 COOK SWISS CHARD Reduce the heat to medium. Add a drizzle of **oil** to the same pan, then the **remaining garlic**, **Swiss chard** and **2 tbsp water** (double for 4 people). Stir until the Swiss chard wilts, 2-3 min. Remove the pan from the heat and stir in the **sour cream**. Season with **salt** and **pepper**.



2 COOK STEAK Meanwhile, pat the **steak** dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the steak. Pan-fry until golden-brown, 4-5 per min side. Remove the pan from the heat. Add **2 tbsp butter** (double for 4 ppl), **remaining rosemary** and **half the garlic** to the pan.



5 FINISH AND SERVE Thinly slice the **steak** and divide between plates. Serve alongside the **roasted parsnip** and **creamed chard**. Drizzle the **butter sauce** from the bowl over the steak.



3 FINISH STEAK Tilt pan toward you to collect the **melted butter**. Using a spoon, continuously spoon the butter over the steak until cooked to desired doneness, 2-3 min. The residual heat from the pan will continue to cook the steak. (**TIP:** Cook to a minimal internal temp. of 145°F for medium-rare.***) Transfer the **steak** and **sauce** to a medium bowl.

SWEET!

These roasted parsnip sticks make a sweet alternative to fries!