



# SEARED STEAK WITH DEMI REDUCTION

Garlic Mashed Potatoes & Honey-Roasted Carrots



## HELLO

### DEMI REDUCTION

A classic French pan sauce with a deeply rich and savory flavor

PREP: 10 MIN | TOTAL: 45 MIN | CALORIES: 750



Ranch Steak



Sour Cream  
(Contains: Milk)



Garlic



Scallions



Yukon Gold Potatoes



Carrots



Beef Demi-Glace  
(Contains: Milk)



Honey

## START STRONG

Make sure to let the steak stand at least 5 minutes after it's done cooking. That extra time before slicing gives the juices a chance to settle and redistribute, keeping the meat nice and moist.

## BUST OUT

- Peeler
- Paper towels
- Baking sheet
- Large pan
- Large pot
- Kosher salt
- Strainer
- Black pepper
- Potato masher
- Olive oil (1 TBSP | 1 TBSP)
- Butter (2 TBSP | 4 TBSP)  
(Contains: Milk)

## INGREDIENTS

Ingredient **2-person** | **4-person**

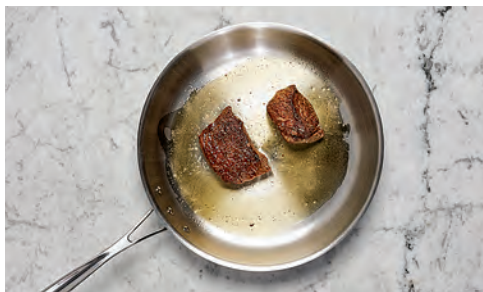
- Carrots **12 oz** | **24 oz**
- Yukon Gold Potatoes **12 oz** | **24 oz**
- Scallions **2** | **2**
- Garlic **1 Clove** | **2 Cloves**
- Honey **2 tsp** | **4 tsp**
- Sour Cream **6 TBSP** | **12 TBSP**
- Ranch Steak\* **10 oz** | **20 oz**
- Beef Demi-Glace **1** | **2**

\* Steak is fully cooked when internal temperature reaches 145 degrees.



## 1 PREP

Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry all produce.** Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Dice **potatoes** into ½-inch pieces. Trim and thinly slice **scallions**, separating whites from greens. Peel and mince or grate **garlic**.



## 4 COOK STEAK

While potatoes cook, pat **steak** dry with paper towels. Season generously with **salt** and **pepper**. Heat a drizzle of **olive oil** in a large pan over medium-high heat. Add steak and cook to desired doneness, 3-6 minutes per side. Turn off heat; transfer to a cutting board and let rest 5 minutes. Wash out pan.

Share your #HelloFreshPics with us! | (646) 846-3663 HelloFresh.com



## 2 ROAST CARROTS

Toss **carrots** on a baking sheet with a large drizzle of **olive oil**. Season generously with **salt** and **pepper**. Roast on top rack until tender and golden brown at edges, 20-25 minutes. Remove from oven. Drizzle with **honey**; toss to coat.



## 5 MAKE SAUCE

Melt **1 TBSP butter** (2 TBSP for 4 servings) in pan used for steak. Add **scallion whites**; cook until softened, 1-2 minutes. Stir in **demi-glace**, **2 TBSP water** (4 TBSP for 4), and any **resting juices** from steak; bring to a simmer, 1 minute. Turn off heat; stir in remaining **sour cream**. Taste and season with **salt** and **pepper**.



## 3 MAKE MASHED POTATOES

Place **potatoes** in a large pot with enough **salted water** to cover by 2 inches. Bring to a boil; cook until tender, 15-20 minutes. Reserve **½ cup potato cooking liquid**; drain. Melt **1 TBSP butter** (2 TBSP for 4 servings) in empty pot over medium heat. Add **garlic**; cook until fragrant, 1 minute. Return potatoes to pot; mash with **2 packets sour cream** (4 packets for 4; you'll use the rest later) until smooth and creamy, adding splashes of reserved cooking liquid as needed. Season with **salt** and **pepper**. Keep covered off heat until ready to serve.



## 6 FINISH & SERVE

Slice **steak** against the grain. Divide steak, **mashed potatoes**, and **carrots** between plates. Spoon **sauce** over steak and potatoes. Sprinkle with **scallion greens** and serve.

## SHOW ME THE HONEY

A drizzle of honey goes great with other roasted root veggies like sweet potato or parsnips.

WK.12.NJ-17