



FEB
2017

Seared Steak

with Caramelized Onion and Smashed Veggies

A vibrant, messy mash is a great way to sneak green veg onto plates where it otherwise might not be welcome. It's chunky and unpretentious and delicious and we like it very much. Caramelized onion sounds a bit grown up, but it's sticky sweet and delicious!

 Prep
35 min

 level 1



Sirloin Steak



Sweet Potato



Broccoli



Red Onion



Balsamic Vinegar

Ingredients

Sirloin Steak		2 pkg (680 g)
Sweet Potato, cubed		1 pkg (680 g)
Broccoli, florets		1 pkg (227 g)
Red Onion, sliced		1 pkg (340 g)
Balsamic Vinegar	1)	1 bottle (2 tbsp)
Sugar*		2 tsp
Butter*	2)	3 tbsp
Olive or Canola Oil*		

4 People

*Not Included

Allergens

- 1) Sulphites/Sulfites
- 2) Milk/Lait

Tools

Large Pot, Large-Non Stick Pan, Medium Pan, Strainer

Nutrition per person Calories: 631 cal | Fat: 30 g | Protein: 40 g | Carbs: 49 g | Fibre: 8 g | Sodium: 317 mg

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

Ruler

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1 Boil the veggies: Wash and dry all produce. Combine the **sweet potatoes** and **broccoli** with enough **salted water** to cover in a large pot. Bring to a boil over high heat, until the veggies are fork-tender, 12-15 min.



2 Caramelize the onions: Meanwhile, heat a large non-stick pan over medium heat. Add a drizzle of **oil**, then the **onions**. Cook, stirring occasionally, until softened, 4-5 min. Reduce heat to low, then add the **sugar** and **vinegar**. Cook, stirring occasionally, until slightly caramelized, 18-20 min.



3 Cook the steak: Meanwhile, season the **steak** with **salt** and **pepper**. Heat a medium pan over medium-high heat. Add a drizzle of **oil**, then the steak. Pan-fry until cooked to desired doneness, 4-7 min per side. (**TIP:** Inserting a thermometer into a medium steak should display an internal temperature of 160°F.)

4 Mash the veggies: Meanwhile, drain and return the **sweet potatoes** and **broccoli** to the pot. Use a fork or potato masher to mash the veggies with the **butter**. Season with **salt** and **pepper**.

5 Finish and serve: Thinly slice the **steak**. Divide the **veggie mash** and the **steak** between plates. Top the steak with the **caramelized onions** and enjoy!

KID-FRIENDLY TIP: If your kids don't like the veggies mashed together, add the broccoli to a small pot with enough salted water to cover. Boil over high, until the stems are fork-tender, 3-4 min. Boil the sweet potatoes as above, then mash with the butter. Serve both alongside the steak and caramelized onions!

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