



SIZZLING BALSAMIC STEAK

with Sweet Potato Wedges and a Green Salad



HELLO BALSAMIC GLAZE SAUCE

A sweet and tangy topping to match the big flavors of beef

PREP: 10 MIN | **TOTAL: 40 MIN** | **CALORIES: 600**



Sweet Potatoes



Red Onion



Beef Stock Concentrate



Spring Mix Lettuce



Fry Seasoning Blend



Sirloin Steak



Balsamic Glaze

START STRONG

Here's a time-saving trick for the hustle-bustle of the season: toss a small pinch of baking soda into the pan with the onion, which will help it brown faster.

BUST OUT

- Baking sheet
- Large pan
- Paper towels
- Large bowl
- Oil (2 TBSP)
- Butter (2 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 4-person

- Sweet Potatoes 4
- Fry Seasoning Blend 1 TBSP
- Red Onion 1
- Sirloin Steak 24 oz
- Balsamic Glaze 2 TBSP
- Beef Stock Concentrate 1
- Spring Mix Lettuce 4 oz

HELLO WINE



PAIR WITH
Le Marin Corbières Rouge, 2016

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1 ROAST SWEET POTATOES

Wash and dry all produce. Adjust rack to middle position and preheat oven to 425 degrees. Cut **sweet potatoes** into ½-inch-thick wedges. Toss on a baking sheet with **2 tsp fry seasoning**, a large drizzle of **oil**, and **salt** and **pepper** (we'll use the rest of the seasoning later). Roast in oven until tender, about 25 minutes, flipping halfway through.



4 MAKE SAUCE

Pour **1 tsp balsamic glaze** into a large bowl and set aside. Reduce heat under pan used for steak to low and pour in **¼ cup water**, scraping up any browned bits on bottom. Stir in **stock concentrate**, remaining balsamic glaze, and **onion**, followed by **2 TBSP butter**. Season with **salt** and **pepper**. Remove from heat. **TIP:** Leave onion out of sauce if you've got eaters who aren't fans.



2 BROWN ONION

Halve, peel, and dice **onion**. Heat a large drizzle of **oil** in a large pan over medium-high heat. Add onion and cook until browned and soft, 10-12 minutes, stirring occasionally. (**TIP:** If onion starts to burn, add a splash of water and lower heat to medium.) Season with **salt** and **pepper**. Remove from pan and set aside.



5 MAKE SALAD

Add **lettuce** and a drizzle of **oil** to bowl with reserved **balsamic glaze** and toss to combine. Season with **salt** and **pepper**.



3 COOK STEAK

Wipe out pan used for onion with a paper towel, then heat a drizzle of **oil** in it over medium-high heat. Pat **steak** dry with a paper towel, then season all over with **salt**, **pepper**, and remaining **fry seasoning**. Add to pan and cook to desired doneness, 4-6 minutes per side. Remove from pan and let rest on a plate.



6 FINISH AND SERVE

Pour any **juices** released by steak into **sauce** in pan and stir to combine. Slice **steak** against the grain. Divide **sweet potatoes**, **salad**, and steak between plates. Spoon sauce over steak and serve. **TIP:** If you skipped the onion for the sauce, spoon it over the steak for anyone who wants it.

FRESH TALK

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