



FEB
2017

Soy-Glazed Steak

with Sour Cream and Onion Mashed Potatoes and Sesame Spinach

A sweet and savory soy glaze gives this steak a winning finish. These mashed potatoes have both wasabi for kick and sour cream for silkiness, making them hard to resist. Paired with sesame-infused spinach, this steak and potatoes twist is one you'll be making again and again.



35 min



level 2



Sirloin Steak



Mini Yukon Potatoes



Green Onions



Sour Cream



Soy Sauce



Ginger



Spinach



Sesame Seeds



Beef Broth Concentrate

Ingredients

		4 People
Sirloin Steak		2 pkg (680 g)
Mini Yukon Potatoes		2 pkg (680 g)
Green Onions		4
Sour Cream	1)	2 pkg (6 tbsp)
Soy Sauce	2)	4 tbsp
Ginger		30 g
Spinach		2 pkg (227 g)
Sesame Seeds	3)	1 pkg (1 tbsp)
Sugar*		2 tbsp
Butter*	1)	2 tbsp
Olive or Canola Oil*		

*Not Included

Allergens

- 1) Milk/Lait
- 2) Soy/Soja
- 3) Sesame/Sésame

Tools

Large Pan, Small Bowl,
Medium Pot, Strainer,
Masher, Peeler

Ruler

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Nutrition per person Calories: 614 cal | Carbs: 44 g | Fat: 31 g | Protein: 42 g | Fibre: 6 g | Sodium: 783 mg

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



1 Boil the potatoes: Wash and dry all produce. Peel the potatoes then cut into 1/2-inch cubes. Cover the potatoes with water and a pinch of salt, in a large pot. Boil and cook until fork-tender, 10-12 min.

2 Prep: Meanwhile, thinly slice the green onions. Peel, then mince or grate 2 tsp ginger.

3 Toast the sesame seeds: Heat a large non-stick pan over medium heat. Add the sesame seeds to the dry pan. Toast, stirring often, until just golden, 3-4 min. (TIP: Keep your eye on it so it doesn't burn!) Transfer to a plate.



4 Cook the spinach: Add the spinach and a splash of water to the pan. Cook, tossing, until wilted, for 1-2 min. Season with salt and pepper. Transfer to a medium bowl and cover to keep warm.

5 Cook the steak: Increase the heat to medium-high. Season the steak on all sides with salt and pepper. Add a drizzle of oil to the same pan, then the steak. Cook for 4-7 min per side, until cooked to desired doneness. (TIP: Inserting a thermometer into a medium steak should display an internal temperature of 160°F.) Set steak aside on a plate.



6 Reduce the soy glaze: In the same pan, add the soy sauce, ginger, sugar, and 1/4 cup water (double for 4 people.) Simmer, until slightly thickened, 1-2 min.

7 Make the sour cream and onion mashed potatoes: Drain the potatoes in a strainer. Add the butter to the pot, then half the green onions. Cook until the butter melts and the onions are fragrant, 1-2 min. Add the potatoes and sour cream. Mash thoroughly with a fork or potato masher until smooth. Season with salt and pepper.



8 Finish and serve: Thinly slice the steak and serve alongside the spinach and sour cream and onion mashed potatoes. Drizzle the soy glaze over the steak and spinach. Sprinkle with sesame seeds and remaining green onions. Enjoy!

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