



JUN  
2016

## Steak Tagliata

with Rosemary Sweet Potato Wedges and Arugula Salad

Peppery arugula and thick-cut rosemary steak fries are the perfect accompaniment to juicy steak tagliata. Warming the tomatoes and oregano vinaigrette together makes for a fragrant dressing to drizzle over this Italian steakhouse classic.



Prep: 10 min  
Total: 30 min



level 1



nut free



dairy free



gluten free



Sirloin Steak



Arugula



Garlic



Grape Tomatoes



Sweet Potato



Rosemary



Balsamic  
Vinegar



Dried Oregano

## Ingredients

	2 People	4 People
Sirloin Steak	12 oz	24 oz
Arugula	4 oz	8 oz
Garlic	2 Cloves	4 Cloves
Grape Tomatoes	4 oz	8 oz
Sweet Potato	12 oz	24 oz
Rosemary	¼ oz	¼ oz
Balsamic Vinegar	2 T	4 T
Dried Oregano	½ t	1 t
Olive Oil*	2 T + 2 t	5 T + 1 t

\*Not Included

## Allergens

None

## Tools

Baking sheet, Small bowl, Whisk, Large pan

**Nutrition per person** Calories: 576 cal | Fat: 38 g | Sat. Fat: 7 g | Protein: 41 g | Carbs: 43 g | Sugar: 12 g | Sodium: 197 mg | Fiber: 7 g

Ruler

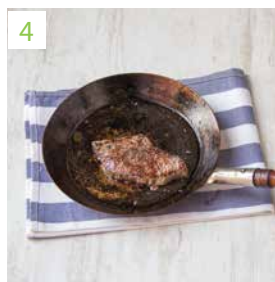
0 in ¼ in ½ in ¾ in 1 in

2



**1 Prep the ingredients: Wash and dry all produce.** Preheat the oven to 450 degrees. Halve the **tomatoes**. Cut the **sweet potato** into wedges. Strip the **rosemary** off the stems and roughly chop the leaves (you'll want about 1 heaping teaspoon). Smash the **garlic** cloves with the side of your knife.

4



**2 Roast the sweet potato wedges:** Toss the **sweet potato wedges** on a baking sheet with the **smashed garlic, rosemary**, a drizzle of **olive oil**, and a pinch of **salt** and **pepper**. Place in the oven for about 20 minutes, flipping halfway through cooking, until golden brown.

**3 Make the vinaigrette:** In a small bowl, whisk together the **balsamic vinegar, 2 Tablespoons olive oil**, and **½ teaspoon oregano**. Season with **salt** and **pepper**. Set aside.

5



**4 Cook the steak:** Heat a drizzle of **olive oil** in a large pan over medium-high heat. Season the **steak** on all sides with **salt** and **pepper**. Add the **steak** to the pan and cook for 2-3 minutes per side, until browned. Transfer the steak to the baking sheet in the oven to finish cooking for 5-7 minutes, or until cooked to desired doneness. When the steak is done, remove from oven to rest for 5 minutes.

**5 Warm the vinaigrette and tomatoes:** Meanwhile, add the **vinaigrette** and the **tomatoes** to the same pan you used for the **steak**. Let them cook slightly with the residual heat from the pan.

6



**6 Serve:** Once the **steak tagliata** has rested, slice it thinly against the grain. Mound the **arugula** on a plate and top it with the **sliced steak**. Serve the **rosemary sweet potato wedges** to the side and drizzle with the warm **tomatoes** and **vinaigrette** and enjoy!

Share your masterpiece on social media! Tag your photos with **#HelloFreshPics** and you'll be entered into our weekly photo contest!



HelloFresh.com | hello@hellofresh.com