



TERIYAKI STEAK

with Wasabi Mashed Potatoes & Roasted Broccoli



HELLO WASABI

This popular Japanese condiment adds punch to creamy mashed potatoes.

PREP: 5 MIN | **TOTAL: 30 MIN** | **CALORIES: 700**



Broccoli Florets



Ginger



Wasabi Paste



Steak



Yukon Gold Potatoes



Sour Cream (Contains: Milk)



Sesame Seeds



Teriyaki Sauce (Contains: Soy)

START STRONG

To peel ginger, break out your spoon! Using the spoon's tip, apply pressure in a downward motion, carving away the skin. Unlike a vegetable peeler, a spoon allows you to get into ginger's knobby nooks.

BUST OUT

- Baking sheet
 - Medium pot
 - Large pan
 - Small bowl
 - Strainer
 - Olive oil (2 tsp | 2 tsp)
 - Vegetable oil (2 tsp | 2 tsp)
 - Butter (2 TBSP | 4 TBSP)
 - Potato masher
 - Paper towels
 - Kosher salt
 - Black pepper
- (Contains: Milk)

INGREDIENTS

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

- Broccoli Florets **8 oz** | **16 oz**
- Yukon Gold Potatoes **12 oz** | **24 oz**
- Ginger **1 Thumb** | **2 Thumbs**
- Sesame Seeds **1 TBSP** | **1 TBSP**
- Sour Cream **2 TBSP** | **4 TBSP**
- Wasabi Paste **1 tsp** | **1 tsp**
- Steak* **10 oz** | **20 oz**
- Teriyaki Sauce **8 TBSP** | **16 TBSP**

* 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.** Cut **broccoli florets** into bite-size pieces, if necessary. Dice **potatoes** into ½-inch pieces. Peel and mince or grate **ginger**.



4 MASH POTATOES

Once **potatoes** are tender, reserve ½ **cup potato cooking liquid**, then drain and return potatoes to pot. Add **sour cream**, **1 TBSP butter** (2 TBSP for 4 servings), and **wasabi paste** to taste. Mash until smooth, adding splashes of reserved potato cooking liquid as needed. Season with **salt** and **pepper**. Cover to keep warm.



2 ROAST BROCCOLI & COOK POTATOES

Toss **broccoli** on a baking sheet with a large drizzle of **olive oil**, **salt**, and **pepper**. Roast on top rack until tender and browned at edges, 15-20 minutes. Meanwhile, place **potatoes** in a medium pot with enough **salted water** to cover by 2 inches. Boil until tender, 15-20 minutes.



5 COOK STEAK

Pat **steak** dry with paper towels. Season generously all over with **salt** and **pepper**. Heat a large drizzle of **oil** in pan used for sesame seeds over medium-high heat. Add steak and cook to desired doneness, 3-6 minutes per side. Turn off heat; transfer to a cutting board to rest. **TIP:** If there's excess grease in your pan, carefully pour it out.



3 TOAST SESAME SEEDS

While potatoes cook, place **sesame seeds** in a large, dry pan over medium-high heat. Cook, stirring often, until golden brown and toasted, 1-2 minutes. Turn off heat; transfer to a small bowl. Wipe out pan.



6 MAKE SAUCE & SERVE

Heat same pan over medium heat. Add **1 TBSP butter** (2 TBSP for 4) and as much **ginger** as you like. Cook, stirring, until fragrant, 1-2 minutes. Stir in any **resting juices** from steak. Add **teriyaki sauce**; bring to a simmer. Turn off heat. Season with **salt** and **pepper**. Divide **potatoes** and **broccoli** between plates. Slice **steak** against the grain; arrange over potatoes. Spoon **sauce** over steak. Top with as many **sesame seeds** as you like.

DOUBLE TAKE

Loving wasabi? Try mixing it with mayo for a fun and funky fry dipper.



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

WK 6 NJ-17