



HEARTY STEAK AND POTATOES

with Balsamic-Cranberry Pan Sauce

PREP: 10 MIN
TOTAL: 40 MIN

LEVEL 1

NUT FREE

GLUTEN FREE

DAIRY FREE



HELLO

BALSAMIC-CRANBERRY SAUCE

Super-charged with sour power

INGREDIENTS:

- Yellow Onion
- Rosemary
- Yukon Gold Potatoes
- Red Cabbage
- Mustard Seeds
- White Wine Vinegar
- Sirloin Steak
- Balsamic Vinegar
- Soy Sauce (Contains: Soy)
- Cranberry Jam

FOR 2 PEOPLE:

- 1
- ¼ oz
- 16 oz
- 4 oz
- 1 tsp
- 2 TBSP
- 12 oz
- ½ TBSP
- 1½ TBSP
- 4 tsp

FOR 4 PEOPLE:

- 2
- ¼ oz
- 32 oz
- 8 oz
- 2 tsp
- 4 TBSP
- 24 oz
- 1 TBSP
- 3 TBSP
- 8 tsp

NUTRITION PER SERVING

535 cal | Fat: 15 g | Sat. Fat: 3 g | Protein: 45 g | Carbs: 59 g | Sugar: 15 g | Sodium: 840 mg | Fiber: 8 g

START STRONG

Make sure you slice the steak against the grain (across the natural direction of the meat's fibers). It'll ensure that the beef is perfectly tender and melts in your mouth.



BUST OUT

- Baking sheet
- Paper towel
- Olive oil (2 tsp | 4 tsp)
- Oil (1 TBSP | 2 TBSP)
- Sugar (1 tsp | 2 tsp)



1 PREHEAT AND PREP

Wash and dry all produce. Preheat oven to 425 degrees. Halve, peel, and thinly slice **onion**. Strip **rosemary leaves** from stems and finely chop until you have 1 TBSP. Discard stems. Halve **potatoes** lengthwise, then cut into 1-inch-thick wedges (like steak fries).

2 ROAST POTATOES

Toss **potatoes** on a baking sheet with a large drizzle of **olive oil** and chopped **rosemary**. Season with **salt** and **pepper**. Roast until lightly browned and crisp, about 30-35 minutes.

3 COOK CABBAGE

Heat a large drizzle of **oil** in a medium pan on medium-high heat. Add **onion** and **cabbage** and cook until softened, about 5 minutes, tossing. Add **mustard seeds** and cook until they start to pop. Stir in **white wine vinegar**, **sugar**, and a pinch of **salt**. Reduce heat to low, cover, and cook until cabbage is tender, about 10 minutes.



4 SEAR STEAK

While **cabbage** cooks, heat a drizzle of **oil** in another medium pan over medium-high heat. Pat **steak** dry with a paper towel, then season all over with **salt** and **pepper**. Add to pan and sear until browned and cooked to desired doneness, 4-7 minutes per side. Remove and set aside to rest.

5 MAKE PAN SAUCE

Add $\frac{1}{2}$ TBSP **balsamic vinegar**, $1\frac{1}{2}$ TBSP **soy sauce**, **cranberry jam**, and **3 TBSP water** to same pan over medium heat. Stir to combine. Let simmer until reduced to a syrupy consistency, about 2-3 minutes. Remove from heat.

6 FINISH AND SERVE

Thinly slice **steak** against the grain. Divide **steak**, **potatoes**, and **cabbage** between plates. Drizzle glaze over steak and serve.

REVOLUTIONARY!

Steak and potatoes never tasted so bold.

