



BUTTER-BASTED SIRLOIN STEAK

with Parsnip Wedges and Creamed Spinach



HELLO PARSNIPS

Roasting brings out the sweetness in this root veg

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 520



Parsnips



Garlic



Baby Spinach



Rosemary



Sirloin Steak



Sour Cream
(Contains: Milk)

START STRONG

Melted butter can burn easily, so make sure to lower the heat before basting the steak and don't stop spooning until the meat is done.

BUST OUT

- Peeler
- Baking sheet
- Large pan
- Aluminum foil
- Oil (2 tsp | 4 tsp)
- Butter (2 TBSP | 4 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 2-person | 4-person

- | | |
|-----------------|---------------------|
| • Parsnips | 2 3 |
| • Rosemary | ¼ oz ¼ oz |
| • Garlic | 2 Cloves 4 Cloves |
| • Sirloin Steak | 12 oz 24 oz |
| • Baby Spinach | 5 oz 10 oz |
| • Sour Cream | 2 TBSP 4 TBSP |

Share your #HelloFreshPics with us!
(800) 733-2414 HelloFresh.com
hello@hellofresh.com



1 PREP Wash and dry all produce. Preheat oven to 425 degrees. Peel **parsnips**, then cut into 3-inch-long pieces. Halve each piece lengthwise, then cut into thin wedges. Strip **rosemary leaves** from stems. Discard stems and chop leaves. Thinly slice **garlic** crosswise.



4 BASTE STEAK Reduce heat to low and add **2 TBSP butter**, remaining **rosemary**, and half the **garlic** to pan. Tilt pan toward you to collect melted butter. Using a spoon, continuously spoon **butter, garlic,** and **rosemary** over **steak** until it reaches desired doneness, 1-2 minutes. Remove steak from pan and let rest 5 minutes. **TIP:** Loosely cover steak with aluminum foil to keep warm.



2 ROAST PARSNIPS On a baking sheet, toss **parsnips**, a drizzle of **oil**, half the **rosemary**, and a pinch of **salt** and **pepper**. Roast in oven until lightly browned, 20-25 minutes, tossing halfway through.



5 COOK SPINACH Increase heat under same pan to medium. Add remaining **garlic** and cook until fragrant, 30 seconds. Add **spinach** and toss until wilted, 3-4 minutes. (**TIP:** Add a splash of water if you're having trouble getting spinach to wilt.) Remove pan from heat and let cool 1 minute. Stir in **sour cream**. Season with **salt** and **pepper**.



3 COOK STEAK Heat a drizzle of **oil** in a large pan over medium-high heat. Season **steak** all over with **salt** and **pepper**. Add to pan and cook until it almost reaches desired doneness, 3-6 minutes per side.



6 FINISH AND SERVE Slice **steak** against the grain. Divide **parsnips, steak,** and **spinach** between plates and serve.

RAISE THE STEAKS!

This recipe will beef up your dinner repertoire.