



# 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     |

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**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.