



More than Food

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## Quick-Marinated Steak with Broiled Balsamic Vegetables

Rosemary, orange, garlic, and balsamic team up for a winning marinade in this weeknight steak dinner. Used on both the steak and glazed vegetables, it infuses the dish with the perfect balance of sweet, savory, and tangy flavor. The key to these veggies is caramelization—don't take them out of the oven until they're nice and golden brown!



35 min



level 1



gluten free



nut free



dairy free



Sirloin Steak



Red Bell Pepper



Zucchini



Yukon Potatoes



Garlic



Balsamic Vinegar



Rosemary



Orange

## Ingredients

	2 People	4 People
Sirloin Steak	12 oz	24 oz
Red Bell Pepper	1	2
Zucchini	1	2
Yukon Potatoes	12 oz	24 oz
Garlic	2 cloves	4 cloves
Balsamic Vinegar	2 T	4 T
Rosemary	¼ oz	¼ oz
Orange	1	2
Olive Oil*	1 T + 2 t	3 T + 1 t

\*Not Included

## Allergens

None

## Tools

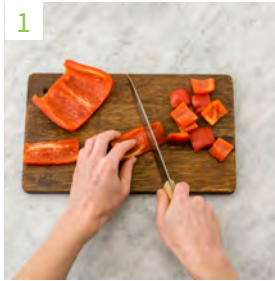
Baking Sheet, Large Pan, Zester, Shallow Dish

Ruler

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**Nutrition per person** Calories: 679 cal | Fat: 36 g | Sat. Fat: 12 g | Protein: 40 g | Carbs: 48 g | Sugar: 15 g | Sodium: 109 mg | Fiber: 8 g

Make sure to wash and dry produce before prepping or cooking!



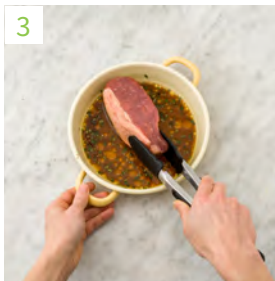
1

**1 Prep the ingredients:** Preheat the oven to 400 degrees. Halve, seed, and remove the white ribs from the **bell pepper**, then cut into 1-inch cubes. Zest and juice the **orange**. Quarter the **zucchini** lengthwise, then cut into 2-inch sticks. Cut the **potatoes** into ½-inch cubes. Strip the **rosemary** off the sprig and finely chop the leaves. Mince or grate the **garlic**.



2

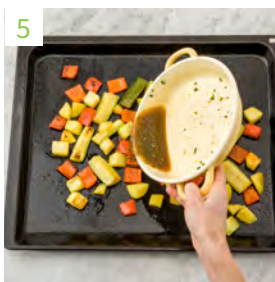
**2 Roast the vegetables:** Toss the **zucchini**, **bell pepper**, and **potatoes** on a baking sheet and toss with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Place in the oven to roast for 20-25 minutes, until lightly caramelized.



3

**3 Marinate the steak:** Meanwhile, in a shallow dish, combine the **balsamic**, **garlic**, **orange zest**, **orange juice**, **rosemary**, **1 Tablespoon olive oil**, and a large pinch of **salt** and **pepper**. Set half the marinade aside, then add the **steak** to the dish and flip to coat in the marinade. Set aside for 5 minutes.

**HINT:** This is a great time to get a jump-start on your cleanup!



5

**4 Cook the steak:** Heat a drizzle of **oil** in a large pan over medium-high heat. Season the **steak** on both sides with **salt** and **pepper**. Add the steak to the pan and cook for 3-4 minutes per side, until cooked to desired doneness. Set the steak aside to rest for 3-5 minutes.

**5 Broil the vegetables:** While the **steak** rests, remove the baking sheet from the oven and heat the broiler to high or oven to 500 degrees. Toss the **vegetables** with the reserved **marinade** and return to the oven to broil for 2-3 minutes, until the vegetables are glazed.

**HINT:** Watch the vegetables carefully, some broilers can get hotter than others!

**6 Plate:** Thinly slice the **steak** against the grain and serve with the **broiled vegetables** to the side. Enjoy!