

INGREDIENTS

2 PERSON | 4 PERSON



2 tsp 4 tsp



8 oz | 16 oz **Brussels Sprouts**



2 tsp | 4 tsp Dijon Mustard



41/2 TBSP | 9 TBSP Sour Cream Contains: Milk



Cranberry Jam



Sweet Potato



6 oz | 12 oz Parsnips

5 tsp | 10 tsp Balsamic Vinegar



2 Cloves | 4 Cloves



10 oz | 20 oz Bavette Steak



1 tsp | 2 tsp Garlic Powder



Dried Cranberries



Chicken Stock Concentrate



3 TBSP | 6 TBSP Parmesan Cheese Contains: Milk



ANY ISSUES WITH YOUR ORDER? WE'D BE SIMMERING LIKE STEW OVER THERE TOO. SCAN HERE TO GET HELP!

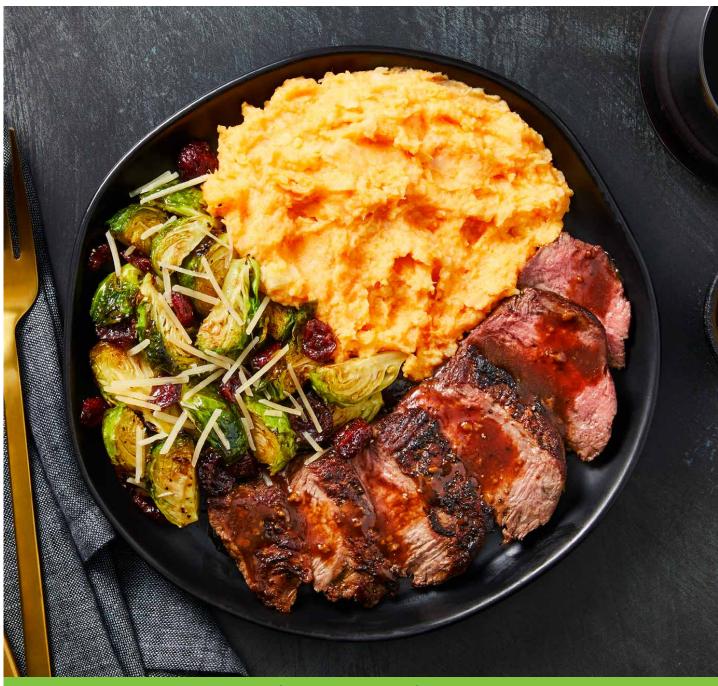
HELLO

SOUR CREAM

A dollop of sour cream adds tangy flavor and lusciously creamy texture to your root veggie mash.

GARLIC STEAK WITH CRANBERRY PAN SAUCE

plus Sweet Potato-Parsnip Mash & Dijon Roasted Brussels Sprouts



PREP: 10 MIN COOK: 35 MIN CALORIES: 1110



SMOOTH(ISH) MOVE

Parsnips are firmer than potatoes, so this mash will be a little chunkier and more rustic than traditional mashed sweet potatoes.

BUST OUT

- Peeler
- Whisk
- Medium pot
- Paper towels
- Strainer
- Large pan
- Baking sheet
- Potato masher
- Small bowl
- Large bowl
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Olive oil (3 TBSP | 6 TBSP)
- Butter (3 TBSP | 6 TBSP)

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1 START PREP & COOK VEGGIES

- Arrange rack to top position and preheat oven to 425 degrees. Place sealed honey packets in a cup of warm water to soften. Wash and dry produce.
- Trim, peel, and dice sweet potatoes into ½-inch pieces. Trim, peel, and dice parsnips into ½-inch pieces. Place sweet potatoes and parsnips in a medium pot with enough salted water to cover by 2 inches. Bring to a boil and cook until tender, 10-15 minutes. Reserve 1/2 cup veggie cooking liquid, then drain. (Keep pot handy for Step 4.)
- · While veggies cook, trim and quarter Brussels sprouts lengthwise. Toss on a baking sheet with a drizzle of oil, salt, and pepper. Roast on top rack until golden brown and tender. 15-20 minutes.



- · Meanwhile, peel and mince garlic.
- In a small bowl, whisk together vinegar, honey, mustard, and 3 TBSP olive oil (6 TBSP for 4 servings) until combined. Taste and season with salt and pepper.



- Pat steak* dry with paper towels and season generously all over with garlic powder, salt, and pepper.
- Heat a drizzle of oil in a large pan over medium-high heat. Add steak and cook to desired doneness, 5-7 minutes per side. (TIP: If steak begins to brown too quickly, lower the heat.) Turn off heat; transfer steak to a cutting board to rest for at least 5 minutes. Wipe out pan and let cool slightly.



4 FINISH VEGGIES

- · While steak cooks, return drained sweet potatoes and parsnips to pot. Add sour cream and 2 TBSP butter (4 TBSP for 4 servings) and mash until creamy and mostly smooth, adding splashes of reserved veggie cooking liquid as needed. Keep covered off heat until ready to serve.
- · Once Brussels sprouts are done roasting, carefully transfer to a large bowl. Add dried cranberries and as much dressing as you like; toss to combine. TIP: If you have leftover dressing, store in an airtight container in the fridge for up to 5 days.



5 MAKE PAN SAUCE

- Heat a drizzle of oil in pan used for steak over medium-high heat. Add minced garlic and cook, stirring, until fragrant, 10-20 seconds.
- Add 1/2 cup water (3/4 cup for 4 servings), stock concentrate, and jam; cook, stirring constantly, until slightly thickened, 1-2 minutes more. (For 4, you may need to cook 3-4 minutes more.)
- Remove from heat and stir in 1 TBSP butter (2 TBSP for 4) until melted. Taste and season with salt and pepper.



6 FINISH & SERVE

- · Slice steak against the grain.
- Divide steak, sweet potato-parsnip mash, and Brussels sprouts between plates in separate sections. Spoon pan sauce over steak and garnish Brussels sprouts with Parmesan. Serve.