



GARLIC STEAK WITH CRANBERRY PAN SAUCE

plus Sweet Potato–Parsnip Mash & Dijon Roasted Brussels Sprouts

INGREDIENTS

2 PERSON | 4 PERSON



2 tsp | 4 tsp
Honey



1 | 2
Sweet Potato



6 oz | 12 oz
Parsnips



8 oz | 16 oz
Brussels Sprouts



2 Cloves | 4 Cloves
Garlic



5 tsp | 10 tsp
Balsamic Vinegar



2 tsp | 4 tsp
Dijon Mustard



10 oz | 20 oz
Bavette Steak



1 tsp | 2 tsp
Garlic Powder



4½ TBSP | 9 TBSP
Sour Cream
Contains: Milk



1 oz | 2 oz
Dried Cranberries



1 | 2
Chicken Stock
Concentrate



1 | 2
Cranberry Jam



3 TBSP | 6 TBSP
Parmesan Cheese
Contains: Milk



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HELLO

SOUR CREAM

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



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)
Contains: Milk

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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 **½ 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.



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.**



2 FINISH PREP & MAKE DRESSING

- 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**.



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 **½ cup water** (¾ 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**.



3 COOK STEAK

- 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.



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.

*Steak is fully cooked when internal temperature reaches 145°.