

NEW YORK STRIP STEAK IN A MUSHROOM SAUCE

with Roasted Baby Carrots and Caramelized Onion Mashed Potatoes



HELLO **BABY CARROTS**

This root vegetable is harvested while young and prized for its sweetness and tenderness.



TOTAL: 50 MIN

CALORIES: 960



Yellow Onion



Garlic



Baby Carrots



Button Mushrooms



Yukon Gold Potatoes



Parsley



Sour Cream



New York Strip Steak



Beef Demi-Glace



Dijon Mustard

5.11 New York Strip Steak Diane_NJ.indd 1 1/11/18 2:42 PM

START STRONG =

The onion slices are cooked slowly here to give them a rich brown color and deep flavor. Keep an eye on them and add water to the pan if you see or smell any burning.

BUST OUT =

- Peeler
- Medium pan
- Baking sheet
- Small bowl
- Medium pot
- Potato masher
- Strainer
- Paper towel
- Oil (2 TBSP | 4 TBSP)
- Butter (2 TBSP | 4 TBSP) (Contains: Milk)

INGREDIENTS =

Ingredient 2-person | 4-person

Yellow Onion

111

• Garlic 2

2 Cloves | 2 Cloves

• Baby Carrots

8 oz | 16 oz

• Button Mushrooms

4 oz | 8 oz

• Yukon Gold Potatoes

16 oz | 32 oz

Parsley

1/4 oz | 1/4 oz

Sour Cream

6 TBSP | 12 TBSP

New York Strip Steak

12 oz | 24 oz

• Beef Demi-Glace

1 | 2

• Dijon Mustard 1 tsp | 2 tsp

HELLO WINE =



Le Flaneur Graves AOC, 2014

HelloFresh.com/Wine





Wash and dry all produce. Adjust rack to upper position and preheat oven to 425 degrees. Halve, peel, and thinly slice onion. Thinly slice or mince garlic. Halve carrots lengthwise through stems. Trim, then thinly slice mushrooms. Peel potatoes, then cut into ½-inch cubes. Pick parsley leaves from stems; discard stems. Finely chop leaves.



4 MASH POTATOES AND COOK STEAK

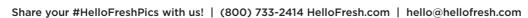
Return **drained potatoes** to empty pot. Place over low heat. Mash with a potato masher until smooth. Stir in **sour cream**. Season with **salt** and **pepper**. Keep over low heat. Wipe out pan used for onion, then heat a large drizzle of **oil** in it over medium-high heat. Pat **steak** dry with a paper towel and season with salt and pepper. Add to pan and cook to desired doneness, 3-6 minutes per side.



2 COOK VEGGIES
Toss carrots with a large drizzle of oil on a baking sheet. Season with salt and pepper. Roast in oven under tender and slightly charred at edges, 20-25 minutes. Meanwhile, place potatoes in a medium pot with enough salted water to cover by 1 inch. Bring to a boil. Cook until tender, about 15 minutes, then thoroughly drain.



MAKE SAUCE
Remove steak from pan and set
aside to rest. Add 2 TBSP butter and
mushrooms to same pan over mediumhigh heat. Cook, tossing, until softened,
2-4 minutes. Toss in garlic and cook until
fragrant, about 1 minute. Stir in demiglace and ¼ cup water, then bring to a
boil. Lower heat and reduce to a simmer.
Stir in mustard. Let simmer until slightly
thickened, 1-2 minutes. Remove pan
from heat and stir in half the parsley.





CARAMELIZE ONION
Heat a large drizzle of oil in a
medium pan over medium-high heat
(use a nonstick pan if you have one). Add
onion and cook, stirring occasionally,
until browned and very soft, about 15
minutes. Add a splash of water every
now and then and scrape up any brown
bits on bottom. Transfer to a small bowl.
Season with salt and pepper.



6 PLATE AND SERVE
Season sauce with salt and pepper.
Divide potatoes and carrots between plates. Spoon onion over potatoes. Slice steak against the grain, then arrange on top of potatoes and onion. Spoon sauce over steak, making sure to include mushrooms. Garnish with remaining parsley.

= SPLENDID! =

Break out your finest china for these superb steaks.