



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.

PREP: 15 MIN | TOTAL: 50 MIN | CALORIES: 960



Yellow Onion



Baby Carrots



Yukon Gold Potatoes



Sour Cream
(Contains: Milk)



Beef Demi-Glace
(Contains: Milk)



Garlic



Button Mushrooms



Parsley



New York Strip Steak



Dijon Mustard

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

INGREDIENTS

Ingredient 2-person | 4-person

- Yellow Onion 1 | 1
- Garlic 2 Cloves | 2 Cloves
- Baby Carrots 8 oz | 16 oz
- Button Mushrooms 4 oz | 8 oz
- Yukon Gold Potatoes 16 oz | 32 oz
- Parsley ¼ oz | ¼ 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



PAIR WITH
Le Flaneur Graves AOC, 2014

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)

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1 PREHEAT AND PREP
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.

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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.



5 MAKE SAUCE
Remove **steak** from pan and set aside to rest. Add **2 TBSP butter** and **mushrooms** to same pan over medium-high heat. Cook, tossing, until softened, 2-4 minutes. Toss in **garlic** and cook until fragrant, about 1 minute. Stir in **demi-glace** 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**.



3 CAMELIZE 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.

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