



NOV
2016

Quick-Marinated Steak

with Broiled Balsamic Vegetables

Rosemary, orange, garlic and balsamic vinegar team up for a winning marinade in this weeknight steak dinner. The key to these veggies is caramelization—don't take them out of the oven until they're nice and golden brown!

Prep
35 min
 dairy free

level 1



Sirloin Steak



Red Bell Pepper



Zucchini



Mini Yukon Potatoes



Garlic



Balsamic
Vinegar



Orange



Honey



Rosemary

Ingredients

	4 People	
Sirloin Steak	2 pkg (680 g)	
Red Bell Peppers	2	
Zucchini	2	
Mini Yukon Potatoes	1 pkg (680 g)	
Garlic	2 pkg (20 g)	
Balsamic Vinegar	1	
Rosemary	2 pkg ($\frac{1}{4}$ cup)	
Orange	1	
Honey	1 pkg (1 tbsp)	
Olive or Canola Oil*		

*Not Included

Allergens

1) Sulphites/Sulfites

Ruler

0 in $\frac{1}{4}$ in $\frac{1}{2}$ in $\frac{3}{4}$ in 1 in

Nutrition per person Calories: 448 cal | Fat: 9 g | Protein: 42 g | Carbs: 51 g | Fibre: 7 g | Sodium: 168 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

2



1 Preheat the oven to 400°F. (To roast the veggies.) Start prepping when your oven comes up to temperature!

2



2 Prep and roast the veggies: Wash and dry all produce. Cut the **potatoes** into $\frac{1}{2}$ -inch cubes. Core, then cut the **red peppers** and **zucchini** into bite-sized pieces. Divide the **zucchini, bell pepper** and **potatoes** over 2 baking sheets. Toss each with a drizzle of **oil**. Roast in the centre of the oven, stirring halfway through, until veggies are golden-brown, 20-25 min.

3



3 Marinate the steaks: Meanwhile, finely chop 2 tsp rosemary leaves. Zest, then juice the orange. Mince or grate the garlic. In a shallow dish, stir the **vinegar, honey, rosemary, garlic, orange zest and juice**. Add the **steaks**.

4



4 Cook the steak: Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the **steaks**. (Keep the marinade - we'll use it to make a sauce later!) Pan-fry until cooked to desired doneness, 4-7 min per side. (**TIP:** Inserting a thermometer into a medium steak should display an internal temperature of 160°F.) Set the steaks aside on a plate. Pour the marinade into the pan and boil for 1 min to make a sauce. Season with **salt** and **pepper**.

5 Broil the veggies: Turn on the broiler to high. Drizzle the **roasted veggies** with **half the sauce** and return to the oven to broil until the veggies are glazed, 2-3 min. (**TIP:** Keep your eyes on the veggies so they don't burn - some broilers can get hotter than others!) Season with **salt** and **pepper**.

6 Finish and serve: Thinly slice the **steak** and serve with the **broiled veggies**. Drizzle with the **remaining sauce**. Enjoy!

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