



FEB
2017

Soy-Glazed Steak

with Sour Cream and Onion Mashed Potatoes and Sesame Spinach

A sweet and savory soy glaze gives this steak a winning finish. These mashed potatoes have both wasabi for kick and sour cream for silkiness, making them hard to resist. Paired with sesame-infused spinach, this steak and potatoes twist is one you'll be making again and again.



35 min



level 2



Sirloin Steak



Mini Yukon Potatoes



Green Onions



Sour Cream



Soy Sauce



Ginger



Spinach



Sesame Seeds



Beef Broth Concentrate

Ingredients

		4 People
Sirloin Steak		2 pkg (680 g)
Mini Yukon Potatoes		2 pkg (680 g)
Green Onions		4
Sour Cream	1)	2 pkg (6 tbsp)
Soy Sauce	2)	4 tbsp
Ginger		30 g
Spinach		2 pkg (227 g)
Sesame Seeds	3)	1 pkg (1 tbsp)
Sugar*		2 tbsp
Butter*	1)	2 tbsp
Olive or Canola Oil*		

*Not Included

Allergens

- 1) Milk/Lait
- 2) Soy/Soja
- 3) Sesame/Sésame

Tools

Large Pan, Small Bowl,
Medium Pot, Strainer,
Masher, Peeler

Ruler

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Nutrition per person Calories: 614 cal | Carbs: 44 g | Fat: 31 g | Protein: 42 g | Fibre: 6 g | Sodium: 783 mg

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



1 Boil the potatoes: Wash and dry all produce. Peel the **potatoes** then cut into 1/2-inch cubes. Cover the potatoes with **water** and a pinch of **salt**, in a large pot. Boil and cook until fork-tender, 10-12 min.

2 Prep: Meanwhile, thinly slice the **green onions**. Peel, then mince or grate **2 tsp ginger**.

3 Toast the sesame seeds: Heat a large non-stick pan over medium heat. Add the **sesame seeds** to the dry pan. Toast, stirring often, until just golden, 3-4 min. (**TIP:** Keep your eye on it so it doesn't burn!) Transfer to a plate.



4 Cook the spinach: Add the **spinach** and a splash of **water** to the pan. Cook, tossing, until wilted, for 1-2 min. Season with **salt** and **pepper**. Transfer to a medium bowl and cover to keep warm.

5 Cook the steak: Increase the heat to medium-high. Season the **steak** on all sides with **salt** and **pepper**. Add a drizzle of **oil** to the same pan, then the steak. Cook for 4-7 min per side, until cooked to desired doneness. (**TIP:** Inserting a thermometer into a medium steak should display an internal temperature of 160°F.) Set steak aside on a plate.



6 Reduce the soy glaze: In the same pan, add the **soy sauce**, **ginger**, **sugar**, and **1/4 cup water** (double for 4 people.) Simmer, until slightly thickened, 1-2 min.

7 Make the sour cream and onion mashed potatoes: Drain the **potatoes** in a strainer. Add the **butter** to the pot, then **half the green onions**. Cook until the butter melts and the onions are fragrant, 1-2 min. Add the **potatoes** and **sour cream**. Mash thoroughly with a fork or potato masher until smooth. Season with **salt** and **pepper**.



8 Finish and serve: Thinly slice the **steak** and serve alongside the **spinach** and **sour cream and onion mashed potatoes**. Drizzle the **soy glaze** over the **steak** and **spinach**. Sprinkle with **sesame seeds** and **remaining green onions**. Enjoy!

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