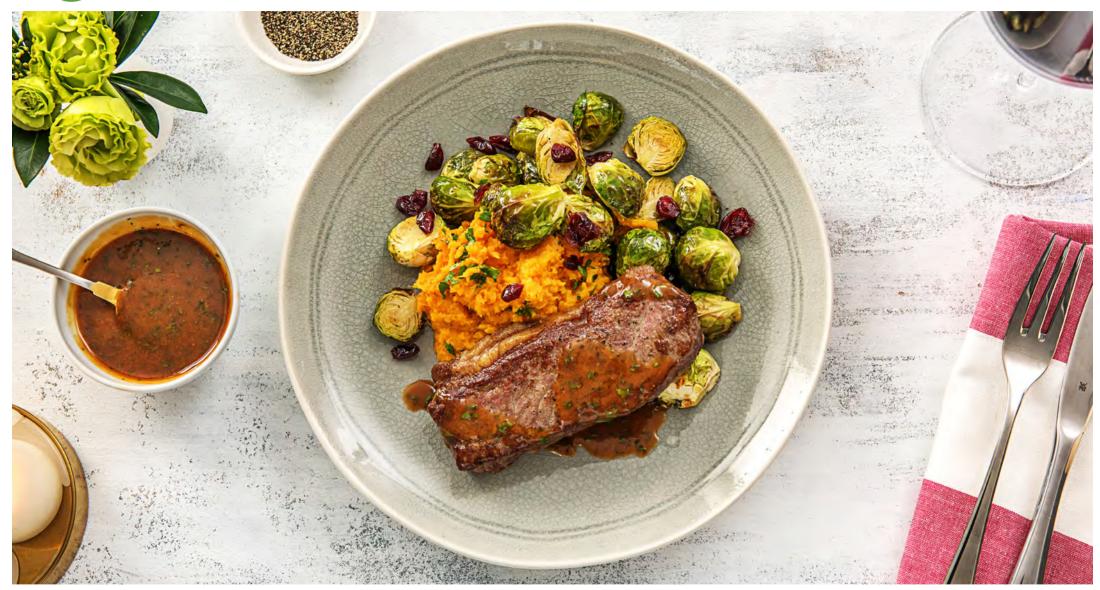


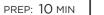
# SWEETHEART'S NEW YORK STRIP STEAK

with Sweet Potatoes, Brussels Sprouts, and Blood Orange Sauce



# HELLO **BLOOD ORANGE**

The citrus fruit has a bright flavor and blushing red color to set the mood for Valentine's Day.



TOTAL: 35 MIN

CALORIES: 910



**Brussels Sprouts** 



**Sweet Potatoes** 





**Blood Orange** 



**Brown Sugar** 









New York Strip Steak



Beef Demi-Glace

7.11 Blood Orange-Drizzled\_PREM\_NJ.indd 1 1/25/18 5:18 PM

### START STRONG =

Nothing says "date-night dinner" like a nice piece of steak, so break out some candles, your best plates, and a bottle of wine-check out our sommelier's recommendation below!

### BUST OUT :

- Peeler
- Strainer
- Small bowl
- Potato masher
- Baking sheet
- Large pan
- Medium pot
- Oil (1 TBSP | 2 TBSP)
- Butter (2 TBSP | 4 TBSP) (Contains: Milk)

### INGREDIENTS =

Ingredient 2-person | 4-person

• Brussels Sprouts 8 oz | 16 oz 3 | 6

 Parsley 1/4 oz | 1/2 oz

 Blood Orange 1 | 2

• Brown Sugar

Sweet Potatoes

1 TBSP | 2 TBSP

· New York Strip Steak 12 oz | 24 oz

 Rosemary 1/4 oz | 1/4 oz

· Beef Demi-Glace 1 | 2

 Dried Cranberries ½ oz | 1 oz

## HELLO WINE = Ojas Monterey County Red Blend, 2015

HelloFresh.com/Wine





PREHEAT AND PREP Wash and dry all produce. Adjust rack to middle position and preheat oven to 400 degrees. Trim Brussels sprouts, then halve lengthwise through stem ends. Peel sweet potatoes, then cut into ½-inch cubes. Mince parsley. Halve orange, then squeeze juice into a small bowl.



**COOK STEAK** While sweet potatoes cook, heat a drizzle of oil in a large pan over mediumhigh heat. Season steak all over with salt and pepper. Add to pan and cook to desired doneness, 2-5 minutes per side. Remove from pan and set aside to rest on a plate for at least 5 minutes.



## **ROAST BRUSSELS** SPROUTS

Toss **Brussels sprouts** on a baking sheet with a large drizzle of oil. Season with salt and pepper. Roast in oven until lightly crisped, 15-20 minutes. TIP: Arrange the Brussels sprouts cutside down to help them cook and crisp evenly.



MAKE SAUCE Carefully pour out any excess grease in pan used for steak, then return to stove over medium-high heat. Stir in 1/2 cup water, orange juice, 1 rosemary sprig (use the rest as you like), and **demi-glace**. Bring to a boil, then lower heat and simmer until thickened, 3-4 minutes. Add 1 TBSP butter and half the parsley, stirring to melt butter. Season with salt and pepper.



**T**COOK SWEET POTATOES Place **sweet potatoes** in a medium pot with enough salted water to cover by 1 inch. Bring to a boil. Cook until tender, about 12 minutes. Drain thoroughly, then return to pot. Add brown sugar and 1 TBSP butter. Mash with a potato masher or fork until smooth. Season with salt and pepper. Keep covered off heat until meal is ready.



FINISH AND PLATE Divide **sweet potatoes** between plates. Toss Brussels sprouts with half the **cranberries** (use the rest as you like) and divide between plates. Stir any juices released by steak into sauce in pan; discard rosemary sprig. Divide **steak** between plates and drizzle with sauce. Garnish with remaining parsley.

## BE MINE!

A dish like this is almost too good to share.

Share your #HelloFreshPics with us! | (800) 733-2414 HelloFresh.com | hello@hellofresh.com