



NUTRITION *per serving* 97g carbohydrates 30g fat 63g protein 1028mg sodium | CONTAINS gluten, dairy



Calories
910



Prep & Cook Time
30-40 min.



Cook Within
6 days



Difficulty
Easy



Spice Level
Mild

IN YOUR BOX

12 oz. Fingerling Potatoes
6 oz. Carrot
2 Green Onions
4 Parsley Sprigs
2 Sirloin Steaks
¼ cup Panko Breadcrumbs
2 oz. Blue Cheese
2 oz. Sour Cream
1 Tbsp. Horseradish

IN YOUR KITCHEN

Olive Oil
Salt
Pepper
Cooking Spray
Baking Sheet
2 Mixing Bowls
Medium Oven-Safe Pan

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Blue Cheese-Crusted Sirloin Steak

with roasted fingerlings, carrots, and horseradish cream

BEFORE YOU COOK

- ❑ Take a minute to read through the recipe before you start—we promise it will be time well spent!
- ❑ Preheat oven to **400 degrees**
- ❑ Thoroughly rinse produce and pat dry
- ❑ Prepare a baking sheet with foil and cooking spray

WHILE YOU COOK

- ❑ Color changes in vacuum-packaged red meat from red to reddish-brown are normal, as a result of a naturally occurring chemical reaction called oxidation. Use your judgment! Please don't cook protein if you notice an odor, a glassy sheen, or unusual stickiness.
- ❑ **Heads Up!** Green onions are used twice. Most goes into **crust**, and a pinch garnishes dish.
- ❑ **Heads Up!** Parsley is used twice. Half is added to **horseradish cream**, and a pinch garnishes dish.
- ❑ **Spice Alert!** Horseradish is a member of the mustard family, which lends its unique sinus-clearing "heat." Use to taste.

FROM THE CHEF

Resting meat allows its juices to redistribute and results in a more flavorful steak.

Did you know...

Blue cheese gets its distinctive flavor and color from the blue veins within the cheese, which are formed by injecting it with *Penicillium*, a type of mold. Who knew something so weird could make something so delicious?



Prepare the Ingredients

Halve **fingerling potatoes** lengthwise. Peel **carrot** and cut into $\frac{1}{2}$ " pieces on an angle. Trim and thinly slice **green onions** on an angle. Stem and mince **parsley**. Pat **steaks** dry, and season both sides with a pinch of **salt** and **pepper**.



Sear and Roast the Steaks

Turn broiler to high. Warm 2 tsp. **olive oil** in a medium oven-safe pan over medium-high heat. Place **steaks** in hot pan and cook until steaks are browned and reach a minimum internal temperature of 145 degrees, 4-5 minutes on each side. Add **blue cheese crust** on top of each steak, pressing down firmly. Place pan under broiler and broil until cheese is melted and beginning to brown, 2-3 minutes. *Watch carefully, as broilers vary in strength.* Remove steaks from pan and rest 5 minutes.



Roast the Vegetables

Toss together **potatoes**, **carrot**, 2 tsp. **olive oil**, and a pinch of **salt** and **pepper** on prepared baking sheet. Spread into a single layer and roast until browned and fork-tender, 18-22 minutes. Remove from oven and set aside. While vegetables roast, prepare crust.



Prepare the Horseradish Cream

In another small mixing bowl, stir together **sour cream**, half the **parsley** (reserving remaining for garnish), and **horseradish** to taste (the flavor can be strong, so taste as you go) until smooth. Season with a pinch of **salt** and **pepper**.



Prepare the Crust

In a small mixing bowl, combine **breadcrumbs**, **blue cheese**, and **green onions** (reserving a bit for garnish). Mash mixture until thoroughly combined, but still a little chunky. Season with a pinch of **salt** and **pepper**.



Plate the Dish

Place **roasted vegetables** on a plate. Place **crusted steak** against vegetables. Ladle a dollop of **horseradish cream** next to steak or serve on the side. Garnish with remaining **parsley** and remaining **green onions**.