



In your box

2 Russet Potatoes
8 oz. Brussels Sprouts
12 oz. Sirloin Steaks
½ fl. oz. Balsamic Vinegar
4 fl. oz. Whole Milk
.6 oz. Butter
1 oz. Grated Parmesan
1 fl. oz. Sherry
4 tsp. Beef Demi-Glace



Sherry Wine Demi-Glace Sirloin Steak

with mashed potatoes and balsamic Brussels sprouts

NUTRITION per serving—Calories: 640, Carbohydrates: 50g, Fat: 25g, Protein: 50g, Sodium: 1470mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
35-45 min.

Cook Within
6 days

Difficulty Level ● ● □
Intermediate

Spice Level □ □ □
Not Spicy

① You will need

Olive Oil, Salt, Pepper

Medium Pot, Medium Non-Stick Pan, Colander

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- Thoroughly rinse produce and pat dry



1

Cook Potatoes and Prepare Ingredients

- Peel and cut **potatoes** into large chunks.
- Bring a medium pot with potato chunks and enough **lightly salted water** to cover to a boil. Reduce to a simmer and cook until fork-tender, 14-18 minutes.
- While potato simmers, trim bottoms off **Brussels sprouts** and halve vertically (quarter if larger than a ping-pong ball).
- Pat **steaks** dry, and season both sides with a pinch of **salt** and ¼ tsp. **pepper**.



2

Cook the Brussels Sprouts

- Place a medium non-stick pan over medium-high heat. Add 1 tsp. **olive oil** and **Brussels sprouts**, cut-side down, to hot pan. Cook until cut-sides are slightly charred, 3-4 minutes.
- Stir, and add ½ cup **water** and ¼ tsp. **salt**. Cover, and cook until tender, 6-9 minutes.
- Stir in **balsamic vinegar**. Remove Brussels sprouts to a plate and cover with foil.
- Wipe pan clean and reserve.



3

Mash the Potatoes

- Once **potato chunks** are fork-tender, drain in a colander and return to pot.
- Add half the **milk**, **butter**, **Parmesan**, ¼ tsp. **salt**, and a pinch of **pepper**. Mash until smooth.
- *If necessary, add additional milk 2 Tbsp. at a time until desired consistency is reached.*
- Set aside and keep warm.



4

Cook the Steaks

- Return pan used to cook Brussels sprouts to medium-high heat and add 2 tsp. **olive oil**. Add **steaks** to hot pan and cook until steaks reach a minimum internal temperature of 145 degrees, 5-7 minutes per side.
- Remove steaks from pan and rest, 5 minutes.
- Reserve pan; no need to wipe clean.



5

Make the Sauce

- Return pan used to cook steaks to medium heat. Add **sherry**, **demi-glace**, and ¼ cup **water** and combine. Stir occasionally until slightly thickened, 2-3 minutes.
- Plate dish as pictured on front of card, placing **steak on sauce**. Bon appétit!