



**NUTRITION** *per serving* 60g carbohydrates 47g fat 52g protein 1000mg sodium | gluten-free, soy-free, nut-free



Calories  
771



Prep & Cook Time  
30-40 min.



Cook Within  
6 days



Difficulty  
Easy



Spice Level  
Not Spicy

#### IN YOUR BOX

- 1 Yellow Onion
- 6 oz. Cremini Mushrooms
- 6 oz. Green Beans
- 1 Sweet Potato
- 2 Flat Iron Steaks
- ½ tsp. Coarse Sea Salt
- 2 oz. Bonewerks Classic Veal Demi-Glace
- 1 oz. Butter
- ½ oz. Light Brown Sugar

#### IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Baking Sheet
- Medium Pan
- Mixing Bowl

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HOME CHEF

## Onion and Mushroom Smothered Flat Iron Steak

with sweet potato mash and sea salt-roasted green beans

## 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 **425 degrees**
- Prepare a baking sheet with foil and cooking spray
- Thoroughly rinse produce and pat dry

## WHILE YOU COOK

- **Salt** refers to kosher salt in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- **Heads up!** **Butter** is used twice in this recipe. Half goes into the **sauce** and the remaining is used in the **mashed sweet potatoes**.
- **Sweet potatoes** will cook 8 minutes on their own, then **green beans** will be added for the last 10 minutes of cooking. Save room on that baking sheet!

## FROM THE CHEF

Properly caramelizing onions is an exercise in patience and diligence, but the rich, sweet flavor is a great reward. For best results, heat oil over medium heat and don't disturb onions for 3-5 minutes after adding to pan. After that, stir regularly to promote even coloring.

### Did you know...

*Smothering meat and seafood in a rich sauce is common in Southern cooking, especially Cajun cuisine. The very popular dish étouffée comes from the French word for "smothered."*



## Prepare the Ingredients

Peel and halve **onion**. Slice halves into thin strips (julienne). Cut **mushrooms** into ¼" slices. Trim ends off **green beans**. Peel **sweet potato** and dice into ½" pieces. Rinse **steaks**, pat dry, and season with a pinch of **salt and pepper**.



## Mash Sweet Potatos

Remove roasted **sweet potatoes** to a medium mixing bowl and combine with **brown sugar** and remaining **butter**. Mash with a potato masher or fork and season to taste with a pinch of **salt and pepper**, if desired.



## Roast Potatoes and Green Beans

Add diced **sweet potato** to one side of prepared baking sheet. Toss with 2 tsp. **olive oil** and season with a pinch of **salt and pepper**. Roast in oven for 10 minutes. Remove baking sheet from oven and add **green beans** to other side. Combine green beans with 1 tsp. **olive oil**, provided **sea salt**, and a pinch of **pepper** (be careful, as pan will be hot). Roast 8-10 minutes, or until both potatoes and green beans are fork tender.



## Cook the Steaks

Heat pan used for mushrooms over medium-high heat with 1 tsp. **olive oil**. Add **steaks** to pan and sear 4-5 minutes on first side until well-browned. Flip and cook 4 minutes, or until steaks reach a minimum internal temperature of 145 degrees. Remove steaks and let rest at least 5 minutes.



## Caramelize Onions and Mushrooms

While vegetables cook, heat 2 tsp. **olive oil** in a medium pan over medium heat. Add **onions** and cook, stirring occasionally, 10-12 minutes, or until browned. Move onions to edges of pan, making a hole in the middle. Add 1 tsp. **olive oil** and **mushrooms** into the void. Allow mushrooms to brown in place 2-3 minutes, then stir until tender, about 2 minutes. Add **demi-glace** and 2 Tbsp. **water**. Stir until just combined and remove pan from heat. Add half the **butter** and swirl to combine. Season with a pinch of **salt and pepper**. Remove to a plate and wipe pan clean.



## Plate the Dish

Place a serving of **sweet potato mash** and **green beans** on a plate. Place **steak** in front and top (smother, rather) with rich **onion-mushroom sauce**.