



**NUTRITION** *per serving* 82g carbohydrates 40g fat 63g protein 468mg sodium | gluten-free, soy-free, nut-free



Calories  
**924**



Prep & Cook Time  
**25-35 min.**



Cook Within  
**6 days**



Difficulty  
**Easy**



Spice Level  
**Mild**

#### IN YOUR BOX

- 2 Zucchini
- 2 Sweet Potatoes
- 2 Green Onions
- 1 tsp. Grains of Paradise
- 2 Sirloin Steaks
- 5 oz. Canned Evaporated Whole Milk
- 1 oz. Butter
- 1 oz. Sherry
- 1 Tbsp. Bonewerks Classic Veal Demi-Glace

#### IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Colander
- Baking Sheet
- Small Pot
- Medium Pan

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**HOME CHEF**

## Grains of Paradise-Crusted Sirloin

with mashed sweet potato

## 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
- Place a colander in the sink
- Prepare a baking sheet with foil
- Preheat oven to **425 degrees**

## 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!** Evaporated milk is used twice. 2 Tbsp. will be used for mashed **sweet potatoes** and remainder for **sauce**.
- **Heads Up!** Butter is used three times. A third will be used for mashed **sweet potatoes**, a third for searing **steaks**, and the remaining to finish the **sauce**.
- **Heads Up!** Green onions are used twice. White parts go in the **sauce** and green parts are for **garnish**.

## FROM THE CHEF

Just like peppercorns on steak au poivre, ideal texture for grains of paradise is cracked, not ground. They have a zesty, floral taste, and are a bit peppery and spicy. Use to taste as you would coarse black pepper.

### Did you know...

Medieval era spice traders were no fools, especially when it came to branding. Take these little seeds, for instance. They're slightly peppery and very floral, much like black peppercorns, which were highly prized at the time. To bolster sales of this less expensive and more readily available alternative, traders gave it the name "grains of paradise", claiming they grew only in Eden.



1

## Prepare the Ingredients

Trim **zucchini** ends and slice on an angle into ¼" rounds. Peel and cut **sweet potato** into 1" dice. Trim and thinly slice **green onions** on an angle, keeping white and green portions separate. Keep **grains of paradise** in their shipping bag and, using a small pan, crack into a coarse powder. A *meat mallet, spice grinder, or mortar and pestle* are also great tools for this. Don't worry if some larger chunks remain. Rinse **steaks**, pat dry, and season with a pinch of **salt** and **grains of paradise**. Lightly press grains into steak.



4

## Sear the Steaks

Heat a medium pan over medium heat. Add ½ the remaining **butter** and 1 tsp. **olive oil** to pan and melt. Add **steaks** to hot pan and cook 4-5 minutes per side, or until well-browned and steaks reach a minimum internal temperature of 145 degrees. Remove steaks to a plate and return pan to medium-high heat (no need to wipe clean).



2

## Boil Sweet Potatoes and Roast Zucchini

Bring a small pot with **potatoes** and enough **lightly salted water** to cover to a boil. Reduce to a simmer and cook 12-15 minutes, or until tender. Arrange **zucchini slices** on prepared baking sheet, drizzle with 1 tsp. **olive oil**, and season with a pinch of **salt and pepper**. Roast 8-10 minutes, or until tender and slightly caramelized.



5

## Make the Sauce

Add 1 tsp. **olive oil** to pan and white portions of **green onion**. Cook 1 minute, stirring constantly. Add **sherry** and cook 2 minutes, or until mostly evaporated. Add remaining **evaporated milk** and bring to a simmer. Cook 5 minutes, or until sauce is thickened. Remove from heat and swirl in **demi-glace** and remaining **butter**. Season to taste with a pinch of **salt and pepper**.



3

## Finish the Potatoes

When potatoes are tender, drain in colander and return to pot. Add 2 Tbsp. **evaporated milk** and ½ the **butter**. Mash with a potato masher or fork until smooth. Season to taste with ½ tsp. of **salt** and a pinch of **pepper**. Set aside and keep warm.



6

## Plate the Dish

Place a serving of **zucchini** and **sweet potatoes** on a plate. Serve **steak** against vegetables and ladle **sauce** in front. Garnish potatoes with remaining **green onions**.