



NUTRITION *per serving* 90g carbohydrates 36g fat 47g protein 1272mg sodium | gluten-free, soy-free, shellfish-free, nut-free



Calories
855



Prep & Cook Time
30-40 min.



Cook Within
6 days



Difficulty
Easy



Spice Level
Mild

IN YOUR BOX

- 2 Russet Potatoes
- 2 oz. Roasted Red Peppers
- 2 oz. Sweetie Drop Peppers
- 2 Oregano Sprigs
- 2 Flat Iron Steaks
- .9 oz. Butter
- 4 fl. oz. 2% Milk
- .17 fl. oz. Balsamic Vinegar
- ½ oz. Honey
- 5 oz. Frozen Peas

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Colander
- Small Pot
- Mixing Bowl
- Medium Pan

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HOME CHEF

Cape Town Steak with Sweetie Drop Relish

with half-mashed peas and potatoes

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

WHILE YOU COOK

- Salt refers to **kosher salt** in this recipe. If using regular table salt, reduce measured amounts by half.
- 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! Butter** is used twice. Half is added to **mashed potatoes** and remaining is used in **half-mashed peas**.
- **Spice Alert! Sweet Drop peppers** are a mix of mild heat and sweetness. Go ahead and try one, then use to taste.
- **Heads Up! Oregano** is used twice. Half flavors **Sweet Drop Relish** and remaining is added to **half-mashed peas**.

FROM THE CHEF

When slicing steak, we recommend finding the parallel lines of muscle fiber running down the meat (called the grain), and slicing perpendicular to them, cutting “against the grain.” This makes sliced steak easier to chew, since the muscle fibers are already broken up for you.

Did you know...

Piri piri sauce, which inspired this relish, is very popular in some African countries (including South Africa... hence the “Cape Town”), but is Portuguese in origin. The Sweet Drop peppers are from an entirely different hemisphere: they were originally discovered in the Peruvian jungle.



1

Prepare the Ingredients

Peel and cut **potatoes** into large chunks. Bring a small pot with potatoes, 1 tsp. **salt**, and enough **water** to cover to a boil over high heat. Reduce to a simmer and cook until potatoes until fork tender, 12-15 minutes. While potatoes simmer, mince **roasted red peppers**. Drain **Sweet Drop peppers** and mince. Stem and coarsely chop **oregano**. Coarsely chop **half the peas**, or crush with the bottom of a small pot. Rinse **steaks**, pat dry, and season both sides with ½ tsp. **salt** and a pinch of **pepper**.



4

Cook the Steaks

Heat a medium pan over medium-high heat. Add 2 tsp. **olive oil** and **steaks** to hot pan. Cook until well-browned and steaks reach a minimum internal temperature of 145 degrees, 4-5 minutes per side. Remove steaks from pan and wipe pan clean. Rest steaks 5 minutes before slicing.



2

Make the Mashed Potatoes

Drain **potatoes** in colander and return to pot. Add **half the butter** (reserve remaining for peas), **half the milk**, and mash with a potato masher or fork until smooth. Add remaining milk 2 Tbsp. at a time to achieve desired smoothness. Season with ½ tsp. **salt** and a pinch of **pepper**. Set aside and keep warm.



5

Make the Peas

Return pan used for steaks to medium heat. Add 1 tsp. **olive oil** and **peas** (mashed and whole) to pan. Cook, stirring often, until heated through, 2 minutes. Stir in remaining **butter** and remaining **oregano**. Season with ½ tsp. **salt** and a pinch of **pepper** and remove from burner.



3

Make the Sweet Drop Relish

Combine **roasted red peppers**, **Sweet Drop peppers** (to taste), **balsamic vinegar**, **honey**, and **half the oregano** (reserve remaining for peas) in a small mixing bowl. Drizzle in 2 tsp. **olive oil** and stir. Set aside to let flavors marry.



6

Plate the Dish

Slice **steak** if desired (see From the Chef for tips). Place a serving of **mashed potatoes** on a plate and half-mashed **peas** next to them. Spoon **Sweet Drop relish** in front and top with steak.