



**NUTRITION** *per serving* 52g carbohydrates 29g fat 48g protein 847mg sodium | gluten-free, soy-free, shellfish-free, nut-free

 Calories  
**634**

 Prep & Cook Time  
**35-45 min.**

 Cook Within  
**6 days**

 Difficulty  
**Easy**

 Spice Level  
**Not Spicy**

#### IN YOUR BOX

- 2 Russet Potatoes
- 8 oz. Broccoli
- 2 Garlic Cloves
- 12 oz. Top Blade Steaks
- .9 oz. Butter
- 1 oz. Grated Parmesan Cheese
- ⅓ fl. oz. Balsamic Glaze

#### IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Large Oven-Safe Non-Stick Pan
- Medium Non-Stick Pan

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**HOME CHEF**

## Balsamic-Glazed Steak

with garlic-Parmesan broccoli and butter-roasted potatoes

## 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 **450 degrees**
- 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.
- Some can't get enough **garlic**, and others prefer a lighter touch. Feel free to use only one clove with **broccoli** if preferred.

## FROM THE CHEF

Ever wonder how chefs know when a steak is perfectly cooked just by poking it with a finger? Here's how it works: relax your hand, then lightly touch the tip of your index finger to the tip of your thumb. With your other hand, poke the fleshy part between the base of your thumb and your palm. That's what medium-rare steak feels like. For well-done, touch your thumb to your pinky.

### Did you know...

*In Modena, Italy, birthplace of balsamic vinegar, it is traditional to give newborn babies a bottle of vinegar to keep until they reach adulthood.*



1

### Prepare the Ingredients

Peel and cut **potatoes** into 1" dice. Cut **broccoli florets** into large bite-sized pieces. Thinly slice **garlic**. Rinse **steaks**, pat dry, and season both sides with ½ tsp. **salt** and ¼ tsp. **pepper**.



2

### Cook the Potatoes

Place a large non-stick oven-safe pan over medium-high heat and add **butter**. Once melted, add **potatoes** to hot pan and cook, while stirring, 1 minute. Cover, reduce heat to medium, and cook 5 minutes, stirring once halfway through. Uncover, place pan in oven, and roast 20-22 minutes, stirring halfway through, until golden brown and tender. Remove from oven, season to taste with **salt and pepper**, and set aside.



3

### Cook the Steaks

Place a medium non-stick pan over medium heat. Add 1 tsp. **olive oil** to hot pan. Add **steaks** to hot pan and sear on one side 4-5 minutes, or until a dark brown crust forms. Flip, and cook 4-5 more minutes, or until steaks reach a minimum internal temperature of 145 degrees. Remove steaks from pan and let rest 3-5 minutes. Wipe pan clean and reserve.



4

### Cook the Broccoli

Place pan used to cook steaks over medium-high heat. Add 1 tsp. **olive oil** and **garlic** (to taste) to hot pan. Cook, while stirring, 30-45 seconds, or until aromatic. Add ¼ cup **water** and **broccoli**. Cook 3-5 minutes, or until broccoli is tender and water has evaporated. Remove from burner, season with ¼ tsp. **salt** and ¼ tsp. **pepper**, and sprinkle with **Parmesan cheese**.



5

### Plate the Dish

Place **potatoes** and **broccoli** on a plate. Place **steak** up against vegetables and drizzle with **balsamic glaze**.