



**NUTRITION** *per serving* 60g carbohydrates 44g fat 46g protein 1441mg sodium | shellfish-free, nut-free



Calories  
**794**



Prep & Cook Time  
**40-50 min.**



Cook Within  
**6 days**



Difficulty  
**Easy**



Spice Level  
**Not Spicy**

#### IN YOUR BOX

- 4 Russet Potatoes
- 4 oz. Sour Cream
- 2.4 oz. Butter
- 16 oz. Carrots
- 4 Top Blade Steaks
- 4 tsp. Beef Demi-Glace
- 2 tsp. Pot Roast Seasoning
- 8 oz. Frozen Peas

#### IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Baking Sheet
- Colander
- Medium Pot
- Large Non-Stick Pan

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**HOME CHEF**

FAMILY MEAL

## Sunday Supper “Pot Roast” Steak

with mashed potatoes, roasted carrots, and peas

## 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**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray
- Place a colander in the sink

## 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. Half goes in **mashed potatoes** and remaining is added to **sauce**.

## FROM THE CHEF

If you want to slice the steaks, find parallel lines of muscle fiber running down meat (called the grain), and slice perpendicular to them, or “across the grain.” This makes sliced steak easier to chew, since muscle fibers are already broken up for you.

### Did you know...

Traditionally made with tough cuts of beef like chuck, pot roast is a classic New England dish. A recipe for it appears in the 1939 cookbook, “The New Yankee Cook Book.”



### Prepare the Mashed Potatoes

Peel and cut **potatoes** into 1” dice. Bring a medium pot with potatoes covered by **lightly salted water** to a boil. Reduce to a simmer and cook until potatoes are fork-tender, 15-18 minutes. Drain in colander and return to pot. Add **sour cream** and **half the butter** (reserve remaining for sauce), and mash with a potato masher or fork until smooth. Season to taste with ¼ tsp. **salt**. Cover and set aside.



### Roast the Carrots

Peel **carrots** and halve lengthwise. *If carrots are ½” diameter or smaller, leave whole. If larger than 1”, quarter.* Cut all carrots into 2” long pieces. Place on prepared baking sheet and toss with 2 tsp. **olive oil**, ½ tsp. **salt**, and ½ tsp. **pepper**. Spread into a single layer and roast until tender and slightly caramelized, 20-25 minutes. Rinse **steaks**, pat dry, and season both sides with a pinch of **salt and pepper**. While carrots roast, sear steaks.



### Sear the Steaks

Place a large non-stick pan over medium-high heat. Add 2 tsp. **olive oil** and **steaks** to hot pan. Cook until well-browned, 3-4 minutes per side. Transfer steaks to a plate; they will finish cooking later. Reserve pan; no need to wipe clean. *If necessary, sear steaks in batches to avoid crowding pan and steaming meat.*



### Make Gravy and Finish Steaks

Add **demi-glace**, **seasoning blend**, and ¾ cup **water** to pan used for steaks and bring to a boil over medium-high heat. Return **steaks and any accumulated juices** to pan and cook, turning occasionally, until steaks reach a minimum internal temperature of 145 degrees, 1 ½ minutes per side. Remove steaks from pan, remove pan from burner, and swirl in remaining **butter**.



### Roast the Peas

Add **peas** to baking sheet with **roasted carrots** and return to oven. Bake until peas are warmed through, 2-3 minutes.



### Plate the Dish

Place a serving of **mashed potatoes** on plate along with **carrots** and **peas**. Serve **steak** in front of potatoes. Pour **gravy** over steak and potatoes.