



NUTRITION *per serving* 42g carbohydrates 28g fat 41g protein 824mg sodium | low-calorie, gluten-free, dairy-free, soy-free, shellfish-free, nut-free



Calories
563



Prep & Cook Time
35-45 min.



Cook Within
6 days



Difficulty
Easy



Spice Level
Not Spicy

IN YOUR BOX

14 oz. Sweet Potato
2 Zucchini
4 Parsley Sprigs
2 Garlic Cloves
2 Sirloin Steaks
½ fl. oz. Seasoned Rice Vinegar
¼ fl. oz. Worcestershire Sauce
½ oz. Honey

IN YOUR KITCHEN

Olive Oil
Salt
Pepper
Cooking Spray
Baking Sheet
2 Mixing Bowls
Small Bowl
Grill Pan or Outdoor Grill

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HOME CHEF

London Broil Marinated Steak

with grilled zucchini and sweet potato fries

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



1



2



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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! Parsley** is used twice. Most is added to **marinade** and remaining garnishes dish.
- **Heads Up! Marinade** is used twice. Most is used to marinate **steaks**, and 2 Tbsp. garnishes cooked **steaks**.
- **Safety First!** Keeping the two batches of **marinade** separate prevents cross contamination.

Prepare the Ingredients

Peel (if desired) and cut **sweet potato** into ½" thick fries. Trim **zucchini** ends, quarter lengthwise, and slice into ½" rounds. Stem and mince **parsley**. Mince **garlic**. Rinse **steaks**, pat dry, and season both sides with ¼ tsp. **salt** and ¼ tsp. **pepper**. On a separate cutting board, use a fork to pierce steaks 10-12 times per side. *This will tenderize the meat and allow marinade to penetrate.*



4



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Cook the Sweet Potatoes

Place **sweet potatoes** on prepared baking sheet and toss with 1 Tbsp. **olive oil** and ¼ tsp. **salt**. Spread into a single layer and roast 15-18 minutes. Remove from oven, flip potatoes, and roast until browned and tender, 5-10 minutes. While potatoes roast, marinate steaks.

Marinate the Steaks

Combine **parsley** (reserve a bit for garnish), **vinegar**, **Worcestershire**, **honey**, **garlic**, 1 Tbsp. **olive oil**, 2 Tbsp. **water**, ¼ tsp. **salt**, and ¼ tsp. **pepper** in a medium mixing bowl. Measure out 2 Tbsp. **marinade** into a small bowl and reserve for finishing **steaks**. Place steaks in bowl with remaining marinade and turn to coat completely. Let marinate at least 5 minutes.

FROM THE CHEF

Don't have a grill or grill pan, no problem. Just use a non-stick pan with the same heating and cooking times.

Make sure to wipe off excess marinade from steaks to prevent it from burning in the pan.

Did you know...

London broil is a Canadian beef dish made by grilling marinated beef, then cutting it across the grain into thin strips. The origin of the name is obscure as the dish is not related to the city of London, England.

Cook the Steaks

Warm an outdoor grill or grill pan to medium-high heat and lightly coat grill with **cooking spray**. Lift **steaks** from marinade, allowing excess to drip off. Place steaks on grill and cook until charred and steaks reach a minimum internal temperature of 145 degrees, 4-5 minutes per side. Remove to a cutting board and rest 5 minutes before cutting into thin slices across the grain. Wipe or brush grill clean and return to medium-high heat.

Cook the Zucchini

In another medium mixing bowl, toss **zucchini** with 2 tsp. **olive oil** and ¼ tsp. **salt**. Lightly coat grill with **cooking spray** and place zucchini on grill. Cook, flipping occasionally, until charred and crisp-tender, 4-6 minutes.

Plate the Dish

Arrange sliced **steak**, **sweet potato fries**, and **zucchini** on a plate. Drizzle steak with reserved **marinade** and garnish vegetables with reserved **parsley**.