



**NUTRITION** *per serving* 72g carbohydrates 48g fat 49g protein 1672mg sodium | CONTAINS dairy



Calories  
**652**



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



Cook Within  
**6 days**



Difficulty  
**Easy**



Spice Level  
**Not Spicy**

#### IN YOUR BOX

- 2 Russet Potatoes
- 1 Rosemary Sprig
- 8 oz. Brussels Sprouts
- 2 Sirloin Steaks
- 1 oz. Goat Cheese
- 2 fl. oz. Red Cooking Wine
- 2 Tbsp. Fig Preserves

#### IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Baking Sheet
- Mixing Bowl
- Medium Pan

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## Sirloin with Fig and Red Wine Reduction

with rosemary-roasted potatoes, Brussels sprouts, and goat cheese

## 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
- ❑ Prepare a baking sheet with foil and cooking spray

## WHILE YOU COOK

- ❑ 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! Rosemary** is used twice. Half is added to **vegetables** and remaining finishes **sauce**.

## 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...

*The relationship between humans and figs goes back a long time. Evidence of fig cultivation from around 9400-9200 B.C. was found in the Jordan Valley. Since this is before the domestication of barley, legumes, or wheat, figs may be in the first instance of agriculture in human history. We've come a long way, figgy!*



## Roast the Potatoes

Halve **potatoes** lengthwise and cut into ½” half-moons. Place on prepared baking sheet and toss with 2 tsp. **olive oil**, ½ tsp. **salt**, and ¼ tsp. **pepper**. Spread into a single layer and roast until tender, 20-25 minutes. Remove from oven and flip potatoes. While potatoes roast, prepare ingredients.



## Cook the Steaks

Place a medium pan over medium-high heat. Add 1 tsp. **olive oil** and **steaks** to hot pan. Cook until browned, 3-5 minutes. Flip, reduce heat to medium, and cook until steaks reach a minimum internal temperature of 145 degrees, 4-7 minutes. Remove to a plate and rest 5 minutes. Reserve pan; no need to wipe clean.



## Prepare the Ingredients

Stem **rosemary** and mince. Trim bottoms off **Brussels sprouts** and slice thinly. Place sliced Brussels in a medium mixing bowl with ½ tsp. **olive oil**, ¼ tsp. **salt**, and a pinch **pepper**, and toss to coat. Rinse **steaks**, pat dry, and season both sides with ½ tsp. **salt** and ¼ tsp. **pepper**.



## Make the Sauce

Return pan used to cook steak to medium-high heat. Add **red wine** and **fig preserves**. Bring to a boil and cook, stirring occasionally, until slightly reduced and fig spread has dissolved, 2-3 minutes. Remove from burner and season with remaining **rosemary** and a pinch of **salt**.



## Roast the Brussels Sprouts

Add **Brussels sprouts** to baking sheet with roasted **potatoes**. *Don't worry if Brussels sprouts are on top of potatoes.* Roast until Brussels sprouts brown lightly and become tender, 7-10 minutes. Remove from oven and sprinkle on **goat cheese** (breaking up with your hands if needed) and **half the rosemary** (reserve remaining for sauce).



## Plate the Dish

Place **vegetables** on a plate and place **steak** in front of vegetables. Spoon **sauce** in front of steak.