



In your box

1 Tbsp. Grainy Mustard
¼ oz. Parsley
4 fl. oz. Light Cream
18 oz. Sweet Potato
2 Garlic Cloves
12 oz. Sirloin Steaks
.6 oz. Butter



Steak Moutarde

with roasted sweet potato wedges

NUTRITION per serving—Calories: 642, Carbohydrates: 55g, Fat: 28g, Protein: 41g, Sodium: 1458mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
35-45 min.

Cook Within
6 days

Difficulty Level ● ● ●
Expert

Spice Level 🌶 🌶 🌶
Not Spicy

① You will need

Olive Oil, Salt, Pepper, Cooking Spray

Baking Sheet, Large Non-Stick Pan

👨🍳 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
- ☐ Ingredient(s) used more than once: **mustard**, **parsley**
- ☐ Only half the **cream** is used in this recipe



1

Prepare the Ingredients

- Halve **sweet potato** and cut each half into ½" wedges.
- Mince **garlic**.
- Stem and mince **parsley**.
- Pat **steaks** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



2

Start the Sweet Potato Wedges

- Place a large non-stick pan over medium-high heat. Add 2 tsp. **olive oil** and **sweet potato wedges** to hot pan. Cook until golden brown, 2-3 minutes per side.
- Remove pan from burner and toss wedges with **garlic**, ½ tsp. **salt**, and a pinch of **pepper**. Transfer wedges to one half of prepared baking sheet. Spread into a single layer and roast in hot oven, 10 minutes.
- Remove from oven. *Sweet potato wedges will finish cooking in a later step.*
- Wipe pan clean and reserve.
- While wedges roast, sear steaks.



3

Sear the Steaks

- Return pan used to sear potato wedges to medium-high heat. Add 2 tsp. **olive oil** and **steaks** to hot pan. Sear undisturbed until browned, 2-3 minutes.
- Transfer steaks to a plate, seared side up. Spread ½ tsp. **mustard** (reserve remaining for sauce) on each steak and top with half the **parsley** (reserve remaining for garnish).
- Reserve pan; no need to wipe clean.



4

Finish the Sweet Potato Wedges and Steaks

- Once **sweet potato wedges** have roasted 10 minutes, carefully move to one side of baking sheet. Place **steaks** on empty side of baking sheet.
- Roast until wedges are tender and steaks reach a minimum internal temperature of 145 degrees, 10-12 minutes.
- Rest cooked steaks at least 3 minutes.
- While steaks rest, make sauce.



5

Make Sauce and Finish Dish

- Return pan used to sear steaks to medium heat. Add half the **cream** to hot pan and stir occasionally until thickened, 1-2 minutes.
- Remove from burner, swirl in **butter**, and season with a pinch of **salt** and **pepper**. Stir in remaining **mustard**.
- Plate dish as pictured on front of card, garnishing **steaks** with remaining **parsley** and sauce. Bon appétit!