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.

35-45 min. Expert
Not Spicy

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
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

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.

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.

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.

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!

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.

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