



## Steak au Poivre

with Vegetables and Mustard Dressing



30-40min



2 Servings

On our list of life's simple pleasures, a perfectly seared steak is very near the top. The French "au poivre" translates to "peppered," and is a technique that packs a major peppery punch. Building flavor upon flavor, we use whole grain mustard to dress a medley of warm winter vegetables—parsnips, turnips, and radishes. Cook, relax, and enjoy!



## What we send

- white wine vinegar
- parsnips
- spring mix
- whole grain mustard
- radish
- ball tip steaks
- turnips

## What you need

- coarse salt
- freshly ground black pepper
- olive oil
- sugar

## Tools

- large skillet
- small skillet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

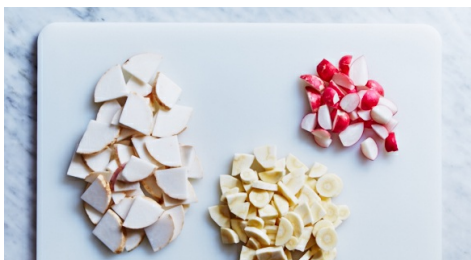
We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

### Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

### Nutrition per serving

Energy 545.0kcal, Fat 24.0g, Proteins 42.7g, Carbs 34.1g



### 1. Prep root vegetables

Peel **parsnips**, halve or quarter thick ends, and cut crosswise into ¼-inch thick slices. Cut **turnips** into quarters, then cut crosswise into ¼-inch thick slices. Cut **radishes** into ½-inch wedges.



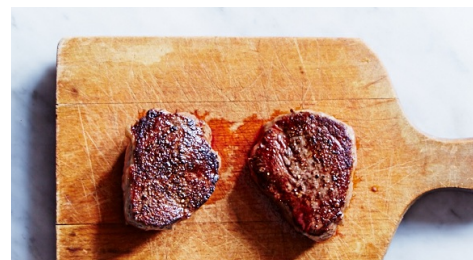
### 4. Cook root vegetables

Heat 1 tablespoon **oil** in a large skillet over medium-high. Add **root vegetables** and cook, stirring occasionally, until heated through but not cooked, 2-3 minutes. Add ¼ cup **water**. Cover and cook over medium heat until tender, 5-7 minutes. Uncover, add **remaining vinegar** and 1 teaspoon **sugar**, and cook until **vegetables** are lightly glazed, 1-2 minutes more.



### 2. Make dressing

In a large bowl, whisk **mustard** with 2 tablespoons **oil** and 1 tablespoon **vinegar**. Season to taste with **salt** and **pepper**.



### 5. Cook steaks

Heat a small skillet over medium-high. When very hot, add 2 teaspoons **oil** and **steaks** and reduce heat to medium. Cook, turning once, until **steaks** are lightly charred in spots, 6-8 minutes, depending on thickness, for medium-rare. Transfer to a cutting board and let rest, about 5 minutes.



### 3. Pepper steak

Pat **steaks** dry with paper towels and rub lightly with **oil**. Season all over with ½ teaspoon each **salt** and **coarsely ground black pepper**. Let sit until ready to cook.



### 6. Finish salad

Add **cooked vegetables** and **kale** to **dressing**, season to taste with **salt**, and toss to combine. Divide **salad** between plates. Cut **steak** into slices if desired and serve alongside **salad**. Enjoy!