



Steak & Mustard Pan Sauce

with Roasted Sweet Potato & Kale



20-30min



2 Servings

A steak dinner doesn't have to be limited to a fancy night out. Tender sweet potato wedges, earthy green kale, crispy fried shallots, juicy seared sirloin steaks, and a punchy mustard pan sauce are guaranteed to make any night feel special.

What we send

• 17

What you need

- butter ⁷
- kosher salt & ground pepper
- olive oil
- white wine vinegar ¹⁷

Tools

- medium skillet
- rimmed baking sheet

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

Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

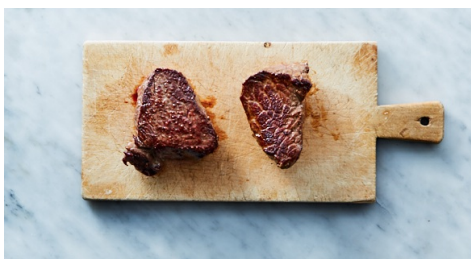
Nutrition per serving

Calories 800kcal, Fat 60g, Carbs 35g, Proteins 32g



1. Prep ingredients

Preheat oven to 450°F with a rack in the center. Scrub **sweet potato**, then cut lengthwise into ½-inch wedges. Halve, peel, and thinly slice **all of the shallot** lengthwise. Strip **kale leaves** from stems, then roughly chop leaves, discarding stems. In a medium bowl, toss kale with **2 teaspoons oil** and season with **salt** and **pepper**.



4. Sear steaks

Heat **1 tablespoon oil** in same skillet over medium-high. Pat **steaks** dry and season well on both sides with **salt** and **pepper**. Add steaks and cook, undisturbed, until golden-brown, 3-4 minutes per side for medium-rare, depending on thickness. Transfer steaks to a cutting board to rest.



2. Roast sweet potato wedges

On a rimmed baking sheet, toss **sweet potato wedges** with **1 tablespoon oil**, **½ teaspoon salt**, and **a few grinds pepper**. Spread sweet potatoes into a single layer. Roast on the center oven rack until tender and golden, about 20 minutes.



5. Make pan sauce

Add **mustard**, **⅓ cup water**, and **1 tablespoon vinegar** to skillet and bring to a rapid simmer over medium-high, scraping up browned bits; cook until slightly reduced, about 2 minutes. Add **1 tablespoon butter** to skillet along with **any resting juices** from the steak and swirl until melted; season to taste with **salt** and **pepper**.



3. Fry shallots


Meanwhile, heat **3 tablespoons oil** in a medium skillet over medium until shimmering. Add **shallots** and cook, stirring frequently with a fork, until golden, 7-10 minutes. Transfer to a paper towel-lined plate; season with **salt**. Discard **frying oil**.



6. Wilt kale & serve

Meanwhile, scatter **kale** over **sweet potatoes** and continue to roast on center oven rack until kale is wilted, about 5 minutes. Serve **steaks** with **roasted sweet potatoes and kale**, and spoon **sauce** all over. Top with **fried shallots**. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

View the recipe online by visiting your account at marleyspoon.com     **#marthaandmarleyspoon**