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Seared Steak & Pan Gravy

with Brussels and Sweet Potatoes



30-40min



4 Servings

This dinner is fall on a plate. The sheet pan is where the magic happens for the Brussels sprouts and sweet potato hash, which makes it an easy, hands-off side dish. The steaks are seared and then draped with a miso-and-butter pan gravy that is full of umami and sure to knock your socks off. Cook, relax, and enjoy!

What we send

- red onion
- sweet potato
- flank steak
- Brussels sprouts

What you need

- apple cider vinegar
- coarse kosher salt
- freshly ground pepper
- olive oil

Tools

- 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

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

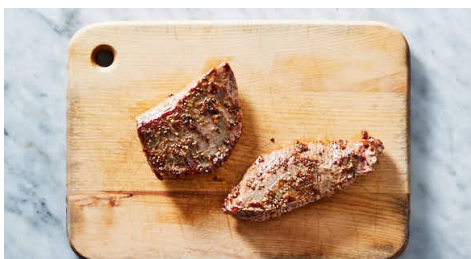
Nutrition per serving

Calories 554.0kcal, Fat 32.0g, Proteins 28.0g, Carbs 40.0g



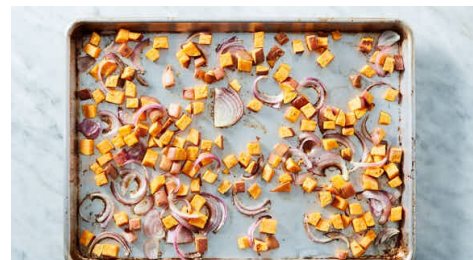
1. Prep ingredients

Preheat oven to 450°F with racks set in the top and bottom positions. Place rimmed baking sheet on bottom rack to preheat. Trim ends from **onion**, then halve, peel, and cut lengthwise into ¼-inch slices. Finely chop ¼ cup of the sliced onion. Scrub **sweet potatoes**, and cut into ½-inch pieces (no need to peel).



4. Sear steaks

Heat **2 teaspoons oil** in a medium heavy skillet over medium-high. Pat **steaks** dry and pound to an even 1-inch thickness, if necessary. Season all over with **salt** and **pepper**. Add steaks to skillet, and cook, until lightly charred and cooked to medium, 4–6 minutes per side. Transfer to a cutting board to rest.



2. Roast sweet potato

In a large bowl, toss **sliced onion**, **sweet potato**, **3 tablespoons oil**, **1 teaspoon salt**, and **a few grinds black pepper**. Transfer to preheated baking sheet and spread into a single layer. Return to bottom rack and roast until almost tender, 15–20 minutes. Reserve bowl for step 3.



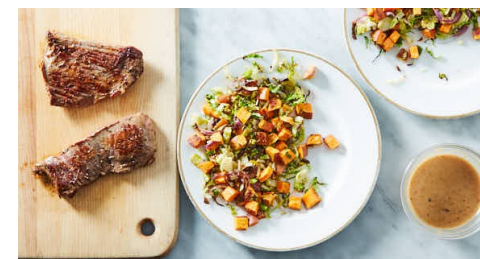
5. Roast Brussels sprouts

Meanwhile, remove **sweet potatoes** from oven and scatter **Brussels sprouts** over top. Return vegetables to top rack and continue roasting until vegetables are tender and browned in spots, 10–12 minutes more.



3. Slice Brussels sprouts

Meanwhile, halve **Brussels sprouts** lengthwise, then thinly slice each half crosswise, stopping when you reach the stem (discard stem). Transfer shredded Brussels to reserved bowl and toss with **1 tablespoon oil**, **½ teaspoon salt**, and **a few grinds pepper**.



6. Make pan gravy & serve

Return skillet to medium heat, add **2 teaspoons oil** and **chopped onion**; sauté until golden, 2–3 minutes. Stir in **3 tablespoons vinegar** and **⅔ cup water**; simmer until thickened, 2–4 minutes. Stir in **1 tablespoon miso**. Off heat, stir in **butter** and **steak juices**; season with **salt** and **pepper**. Slice **steak** across grain; serve with **hash** and drizzle with *_gravy...*