

Fs sku1734 hero

Seared Steak & Ranch Wedge

with BBQ-Spiced Sweet Potato Fries



30-40min



4 Servings

This dish takes a classic meat and potato dinner to next level goodness. Steak gets a dusting of salt and pepper before being seared in a hot skillet producing a flavorful, crusty exterior. The steaks are paired with zesty barbecue spiced sweet potato fries and a romaine wedge salad that is drizzled with homemade ranch dressing. Cook, relax, and enjoy!

What we send

- flank steak
- garlic
- romaine heart
- sweet potato
- barbecue spice
- scallions

What you need

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

Tools

- 2 rimmed baking sheets
- medium 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

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

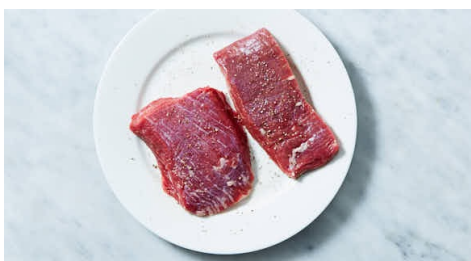
Nutrition per serving

Calories 570.0kcal, Fat 36.0g, Proteins 25.0g, Carbs 37.0g



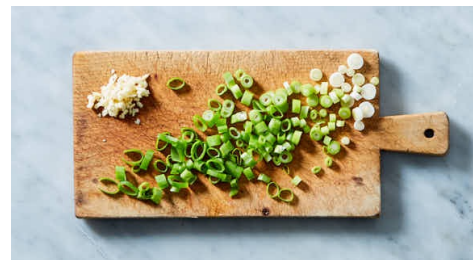
1. Roast sweet potatoes

Preheat oven to 425° with racks in upper and lower thirds. Halve **sweet potatoes** lengthwise, then cut into ½-inch wedges (no need to peel). Divide sweet potatoes between 2 rimmed baking sheets, then toss with **all of the BBQ spice, 1 teaspoon salt, and 3 tablespoons oil**. Roast until golden brown and tender, about 30 minutes, rotating sheets halfway through.



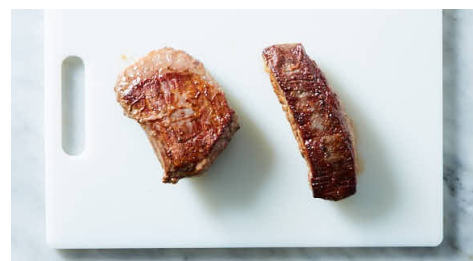
4. Prep steaks

Pat **steaks** dry. Season all over with **1 teaspoon salt** and **several grinds of pepper**.



2. Prep ingredients

Peel and roughly chop **1 teaspoon garlic**. Trim ends from **scallions**, then thinly slice, keeping dark greens separate.



5. Cook steaks

Heat **1 tablespoon oil** in a heavy, medium skillet over medium-high. Add **steaks** and cook until browned all over, 4-6 minutes per side for medium-rare. Transfer to a cutting board; let rest 5 minutes.



3. Prep salad

In a medium bowl, whisk together **sour cream, chopped garlic, scallion white and light greens, 2 tablespoons oil, ½ teaspoon salt, 1 teaspoon each vinegar and sugar, and several grinds of pepper**. Add **1 teaspoon of water**, or more, to make a spoonable sauce. Trim ends from **romaine**, then quarter each lengthwise into long spears.



6. Finish & serve

Toss cooked **sweet potatoes** directly on the baking sheet with **scallion dark greens**. Very thinly slice **steak** across the grain. Spoon some of the **ranch dressing** over the **romaine**. Serve **steak** and **seasoned sweet potatoes** alongside **romaine** with **remaining ranch** on the side for dipping. Enjoy!