

Seared Steaks

with Sweet Potato, Brussels Sprout & Walnut Sauté

We love a warming sauté in the winter months, when cooler weather calls for especially comforting fare. In this recipe, we're serving up juicy, seared steaks with a sweet and savory side of sautéed sweet potato rounds, Brussels sprout leaves, apple, walnuts and tangy blue cheese. For a vibrant topping to our deliciously wholesome, hearty meal, we're finishing the sauté with a simple squeeze of lemon juice.



Ingredients

2 Steaks

3 Ounces Brussels Sprouts

1 Apple

1 Lemon

1 Sweet Potato

Knick Knacks

2 Tablespoons Crumbled Blue Cheese

¼ Cup Walnuts

Makes 2 Servings

About 580 Calories Per Serving

Prep Time: 15 min | Cook Time: 25 to 35 min



1



Prepare the ingredients:

Wash and dry the fresh produce. Thinly slice the sweet potato into rounds. Cut off and discard the stem ends of the Brussels sprouts. Pick off and reserve the Brussels sprout leaves until you reach the lighter cores; discard the cores. Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon. Core and small dice the apple; toss with **the juice of 1 lemon wedge** to prevent browning. Roughly chop the walnuts.

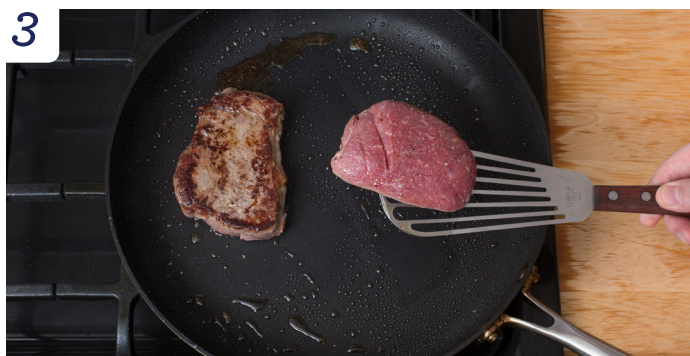
2



Cook the sweet potato:

In a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **sweet potato** in a single, even layer; season with salt and pepper. Cook 4 to 6 minutes per side, or until browned and tender. Transfer to a bowl. Wipe out the pan.

3



Cook the steaks:

Pat the **steaks** dry with paper towels; season with salt and pepper on both sides. In the pan used to cook the sweet potato, heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned steaks and cook 2 to 4 minutes per side for medium-rare, or until browned and cooked to your desired degree of doneness. Transfer to a plate and loosely cover with aluminum foil, leaving any browned bits (or fond) in the pan. Let the cooked steaks rest for at least 5 minutes.

4



Start the sauté:

While the steaks rest, add 2 teaspoons of olive oil to the pan of reserved fond; heat on medium-high until hot. Add the **cooked sweet potato, apple, Brussels sprouts, walnuts** and **lemon zest**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until thoroughly combined and the Brussels sprouts are bright green. Remove from heat.

5



Finish the sauté:

Off the heat, add **the juice of 1 lemon wedge** and the **blue cheese** to the pan of vegetables; stir to thoroughly combine and season with salt and pepper to taste.

6



Plate your dish:

Divide the **finished sauté** and **rested steaks** between 2 plates. Serve with the **remaining lemon wedges**. Enjoy!