

## Bistro Beef Steak with Roasted Vegetables

*Making a bistro-style meal is easier than you think. It's the simple sauce and great Canadian beef that make this sophisticated recipe so delicious! Use a cast-iron or heavy stainless steel skillet to pan-sear the steak.*

Recipe courtesy of Canadian Beef - [www.makeitbeef.ca](http://www.makeitbeef.ca)

**Makes 4 servings**

**Prep:** 5 min. **Cook:** 40 min.

### What you need:

1 1/2 lb (750 g)	New potatoes, quartered
1	Red onion, cut into wedges
3 tbsp (45 mL)	Olive oil
1 tsp (5 mL)	Dried thyme
	Salt and pepper
2 cups (500 mL)	Mushrooms, halved
1 lb (500 g)	Beef Top Sirloin Grilling Medallions or Steak, 1 inch (2.5 cm) thick
2 cups (500 mL)	Chicken broth
2	Cloves garlic, minced
2 tbsp (30 mL)	EACH dijon mustard and minced fresh parsley



### How you prepare:

1. **Toss** potatoes and onion with 2 tbsp (30 mL) of the olive oil, thyme and salt and pepper to taste in large roasting pan. Roast in 450°F (230°C) oven for 20 minutes. Stir in mushrooms; roast vegetables until tender, about 20 minutes.
2. **Meanwhile, heat** remaining oil in large heavy skillet over high heat. Season steak with salt and pepper to taste; cook for 5 minutes per side for medium-rare. Remove from pan; keep warm.
3. **Stir** broth and garlic into hot skillet; cook over medium-high heat until reduced by half, about 8 minutes. Stir in Dijon and parsley. Season with salt to taste. Toss 1/2 cup (125 mL) of sauce with roasted vegetables. Serve with steak and remaining sauce.

### Per serving:

Calories: 424  
Carbohydrates: 40g  
Protein: 32g  
Fat: 16g

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