

Crumb-Crusted Top Sirloin With Roasted Garlic Potatoes And Bourbon Sauce

Garlic lovers unite! This recipe makes the most of your oven with garlic roasted potatoes, a juicy garlic rubbed Top Sirloin Steak and finally a creamy bourbon sauce. Prepare for wow!



INGREDIENTS

1 beef Top Sirloin Steak Boneless, cut 2 inches thick (about 2 to 2-1/2 pounds)

1 tablespoon prepared spicy brown mustard

1 clove garlic, minced

1/4 teaspoon pepper

1/2 cup soft whole wheat bread crumbs

2 tablespoons chopped fresh parsley

2 large russet potatoes, each cut lengthwise into 8 wedges (about 1-1/2 pounds)

1 teaspoon olive oil

2 cloves garlic, minced

1/2 teaspoon salt

1/4 teaspoon pepper

1/2 cup beef broth

2 tablespoons bourbon

1/4 cup half-and-half

Pepper

1.25
Hours

8
Servings

42 Cal

29g
Protein

COOKING

1. Heat oven to 425°F. To prepare Roasted Garlic Potatoes, place potato wedges in 15 x 10-inch metal baking pan. Combine oil, garlic, salt and pepper in small bowl. Drizzle over potatoes; toss to coat. Spread potatoes in single layer. Set aside.

2. Combine mustard, garlic and 1/4 teaspoon pepper in same small bowl; spread evenly onto beef Top Sirloin Steak. Combine bread crumbs and parsley in another small bowl. Pat mixture evenly over mustard mixture. Place steak on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast steak and potatoes in 425°F oven 25 minutes; turn potatoes. Continue roasting 15 to 20 minutes to medium rare (145°F) to medium (160°F) doneness for steak and until potatoes are tender.

3. Remove steak when meat thermometer registers 135°F for medium rare; 150°F for medium. Transfer steak to carving board; tent loosely with aluminum foil. Let stand 5 to 10 minutes. (Temperature will continue to rise

about 10°F to reach 145°F for medium rare; 160°F for medium.)

4. Meanwhile prepare Bourbon Sauce. Add broth and bourbon to roasting pan; bring to a boil over medium heat, stirring until browned bits attached to pan are dissolved. Boil 2 minutes. Add half-and-half; bring to a boil. Season with pepper, as desired. Keep warm.

5. Carve steak into slices. Spoon sauce over beef. Serve with potatoes.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
8		8g	52mg		18g	29g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com