



JUL
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Pan-Seared Steak

with Herb Butter, Roasted Potatoes, and Green Bean Sauté

Nothing says date night like a juicy steak topped with a decadent pat of herby butter. You'll be skipping the steakhouse and cooking at home a lot more often with this recipe in your back pocket!



Sirloin Steak



Mini Yukon Potatoes



Garlic



Parsley



Green Beans



Dijon Mustard

Ingredients

	2 People	4 People
Sirloin Steak	1	2
Mini Yukon Potatoes	1 pkg	2 pkg
Garlic	2 cloves	4 cloves
Parsley	1 pkg	2 pkg
Green Beans, trimmed	1 pkg	2 pkg
Dijon Mustard	1) 1 tsp	2 tsp
Butter*	2) 2 tbsps	4 tbsps
Olive or Canola Oil*		

*Not Included

Allergens

- 1) Mustard/Moutarde
- 2) Milk/Lait

Tools

Peeler, Baking sheet, Large pan, Small bowl

Ruler

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Nutrition per person Calories: 624 cal | Fat: 36 g | Sat. Fat: 14 g | Protein: 41 g | Carbs: 37 g | Sugar: 4 g | Sodium: 156 mg | Fiber: 6 g

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

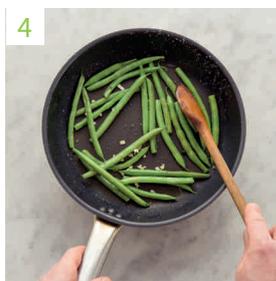


1 Prep: Preheat the oven to 425°F. Remove **butter** and the **steak** from the refrigerator. **Wash and dry all produce.** Thinly slice the **garlic**. Finely chop **2 tbsp parsley** (double for 4 people.) Peel (if desired), then cut the **potatoes** into 1/2-inch cubes.



2 Roast the potatoes: Toss the **potatoes** on a foil-lined baking sheet with a drizzle of **oil** and a pinch of **salt** and **pepper**. Bake in the oven for 20-25 minutes, tossing halfway through cooking, until golden brown.

3 Sear the steak: Heat a drizzle of **oil** in a large pan over medium-high heat. Pat dry the **steak** with a paper towel. Add to the pan and cook for 4-7 minutes per side, until cooked to desired doneness. (**TIP:** Inserting a thermometer into a medium steak should display an internal temperature of 160°F.) Set aside on a plate to rest for 5 minutes.



4 Cook the green beans: While the **steak** rests, heat a drizzle of **oil** in the same pan over medium heat. Add the **green beans** and cook, tossing for 3-5 minutes, until crisp-tender. Add the **garlic** and cook for another 30 seconds, until fragrant. Season with **salt** and **pepper**.

5 Make the herb butter: In a small bowl, stir together the softened **butter**, **Dijon mustard** (**DO:** measure out), and **chopped parsley**. Season with **salt**.



6 Finish and serve: Slice the **steak** against the grain and top the with the **herb butter**. Serve alongside the **green beans** and **roasted potatoes**. Enjoy!

BBQ TIP: Instead of pan-frying, grill steaks on medium-high heat, with lid open, 4 to 7 min per side, for medium.

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