



SAUCY THYME STEAK







with Sweet Potatoes and Green Beans Amandine



HELLO AMANDINE

French for an almond garnish that brings nutty flavor and crunch to any dish

PREP: 10 MIN | **TOTAL: 30 MIN** | **CALORIES: 710**

-  Sweet Potatoes
-  Thyme
-  Beef Demi-Glace
(Contains: Milk)
-  Green Beans
-  Sirloin Steak
-  Sliced Almonds
(Contains: Tree Nuts)

START STRONG

Do you have any little French chefs in the making? Have them help with tasks like prepping the thyme, seasoning the sweet potatoes and green beans on the baking sheets, and adding the almond garnish.

BUST OUT

- 2 Baking sheets
- Large pan
- Olive oil (2 TBSP)
- Butter (1 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 4-person

- Sweet Potatoes 4
- Thyme ¼ oz
- Green Beans 12 oz
- Sirloin Steak 24 oz
- Beef Demi-Glace 2
- Sliced Almonds 2 oz

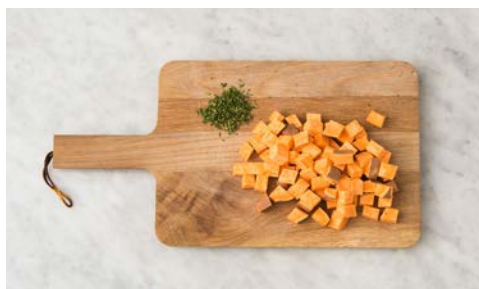
HELLO WINE



PAIR WITH
Le Flaneur Graves AOC, 2014

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)

HelloFRESH



1 PREHEAT AND PREP

Wash and dry all produce. Adjust rack to middle position and preheat oven to 425 degrees. Cut **sweet potatoes** into ½-inch cubes. Strip **thyme leaves** from stems; discard stems. Finely chop leaves.



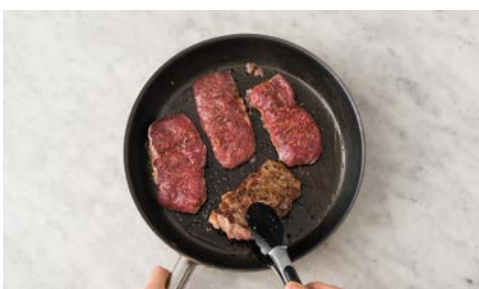
2 ROAST SWEET POTATOES

Toss **sweet potatoes** on a baking sheet with half the **thyme** and a large drizzle of **olive oil**. Season with **salt** and **pepper**. Roast in oven until tender and crisped, about 25 minutes total, tossing halfway through.



3 ROAST GREEN BEANS

After the sweet potatoes have roasted 12 minutes, spread out **green beans** on another baking sheet and toss with a large drizzle of **olive oil**. Season with **salt** and **pepper**. Roast in oven until green beans are tender and lightly crisped, about 12 minutes.



4 COOK STEAK

Meanwhile, heat a large drizzle of **olive oil** in a large pan over medium-high heat. Season **steak** all over with **salt** and **pepper**. Add to pan and cook to desired doneness, 4-7 minutes per side. Remove from pan and let rest 5 minutes.



5 MAKE SAUCE

Reduce heat under same pan to medium low. Stir in **demi-glace**, ⅓ **cup water**, and remaining **thyme**, scraping up any browned bits from bottom. Increase heat to medium-high and let simmer until thickened, 1-2 minutes. (**TIP:** Add a splash or two of water if sauce gets too thick.) Remove pan from heat and add **1 TBSP butter**, swirling pan or stirring to melt. Season with **salt** and **pepper**.



6 FINISH AND PLATE

Sprinkle **almonds** over **green beans** and **sweet potatoes** on baking sheets. Thinly slice **steak** against the grain. Divide green beans, sweet potatoes, and steak between plates. Drizzle with **sauce** and serve.

FRESH TALK

What three things would you want to have if you were stuck on a desert island?

Share your #HelloFreshPics with us! | (800) 733-2414 [HelloFresh.com](https://www.hellofresh.com) | hello@hellofresh.com

WK3 NJ-15