



# SAUCY THYME STEAK

with Sweet Potatoes and Green Beans Amandine



## HELLO AMANDINE

It's the French word for an almond garnish that brings nutty flavor and crunch to any dish.

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 790



Sweet Potatoes



Thyme



Beef Demi-Glaze  
(Contains: Milk)



Green Beans



Ranch-Cut Steak



Sliced Almonds  
(Contains: Tree Nuts)

## START STRONG

No need to peel the sweet potato skins—they're actually loaded with extra flavor and nutrients. A good scrub and a quick chop into cubes are all the spuds need.

## BUST OUT

- Baking sheet
- Large pan
- Olive oil (2 TBSP | 4 TBSP)
- Butter (1 TBSP | 2 TBSP)  
(Contains: Milk)

## INGREDIENTS

Ingredient 2-person | 4-person

- |                   |               |
|-------------------|---------------|
| • Sweet Potatoes  | 2   4         |
| • Thyme           | ¼ oz   ¼ oz   |
| • Green Beans     | 6 oz   12 oz  |
| • Ranch-Cut Steak | 10 oz   20 oz |
| • Beef Demi-Glace | 1   2         |
| • Sliced Almonds  | 1 oz   2 oz   |

## WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.

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



## 1 PREP

**Wash and dry all produce.** Adjust rack to middle position and preheat oven to 400 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**, a large drizzle of **olive oil**, and a pinch of **salt** and **pepper**. Roast in oven until tender and crisped, about 25 minutes total (we'll check on them after 10 minutes).



## 3 ROAST GREEN BEANS

Once **sweet potatoes** have roasted 10 minutes, give them a toss and push toward one side of sheet. Add **green beans** to same sheet and toss with a large drizzle of **olive oil**. Season with **salt** and **pepper**. Return to oven and roast until green beans are tender and potatoes are done, about 15 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, 3-6 minutes per side. Remove from pan and let rest 5 minutes.



## 5 MAKE PAN SAUCE

Add **demi-glace**, ¼ cup **water**, and remaining **thyme** to same pan over medium-high heat and stir, scraping up any browned bits from bottom. Let simmer until thickened, 1-2 minutes. Remove from heat and add **1 TBSP butter**, stirring or swirling pan to melt. Season with **salt** and **pepper**.



## 6 FINISH AND PLATE

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

## BON APPÉTIT!

An almond garnish will make any roasted veggie feel fancy—try it on carrots or broccoli.

Share your #HelloFreshPics with us! | (646) 846-3663 [HelloFresh.com](https://www.hellofresh.com) | [hello@hellofresh.com](mailto:hello@hellofresh.com)

WK49-NJ-17