



UPGRADED STEAK AND POTATOES

with Green Beans Amandine

PREP: 10 MIN
TOTAL: 30 MIN

LEVEL 1

GLUTEN FREE



INGREDIENTS:

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

FOR 2 PEOPLE:

12 oz
6 oz
¼ oz
12 oz
1
1 oz

FOR 4 PEOPLE:

24 oz
12 oz
¼ oz
24 oz
2
2 oz

HELLO AMANDINE

Classic French garnish of crunchy, toasted almonds

NUTRITION PER SERVING

709 cal | Fat: 34 g | Sat. Fat: 10 g | Protein: 46 g | Carbs: 53 g | Sugar: 13 g | Sodium: 570 mg | Fiber: 9 g

START STRONG

Sweet potato skins are loaded with extra flavor and nutrition, so don't bother peeling them. A quick chop into ½-inch cubes is all they need.



BUST OUT

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

(Contains: Milk)

1 PREHEAT OVEN AND PREP INGREDIENTS

Wash and dry all produce.

Preheat oven to 400 degrees. Cut **sweet potato** into ½-inch cubes. Strip **thyme leaves** off stems and finely chop leaves. Toss **sweet potatoes** on a baking sheet with half the **thyme**, a large drizzle of **olive oil**, and a pinch of **salt** and **pepper**.

2 ROAST POTATOES

Bake **sweet potatoes** until golden brown, about 25 minutes, tossing halfway through. Trim woody stem ends of **green beans**. (You can sit back and relax for 10 minutes while the potatoes cook).

3 ROAST GREEN BEANS

With about 15 minutes left to go on **potatoes**, add **green beans** to same baking sheet and toss with a large drizzle of **olive oil**. Season with **salt** and **pepper**. Return to oven and roast until golden brown, about 15 minutes.



4 COOK STEAK

Heat a large drizzle of **olive oil** in a large pan over medium-high heat. Season **steak** on all sides 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 PAN-SAUCE

Add **demi glace**, ¼ cup **water**, and remaining **thyme** to same pan. Scrape up any browned bits from bottom of pan. Bring to a simmer over medium-high heat until thickened, 1-2 minutes. Remove from heat and swirl in **1 TBSP butter**. Taste and season with **salt** and **pepper**.

6 FINISH AND PLATE

Sprinkle **almonds** onto baking sheet with **green beans** and **sweet potatoes**. Thinly slice **steak** and serve next to **veggies**. Drizzle with **pan sauce**.

BON APPÉTIT!

Now that you're a pan sauce master, drizzle it over pork and chicken dishes as well.

