



More than Food

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## Pan-Seared Steak

with Roasted Butternut Squash and Green Beans Almondine

Roasting is our favorite way to prepare butternut squash and trust us – it's delicious! Served with seared steak and green beans almondine, you've got a healthy twist on classic sides packed with flavor.



35 min



level 1



gluten free



Sirloin Steak



Butternut Squash



Parsley



Vegetable Stock Concentrate



Thyme, fresh



Green Beans



Sliced Almonds

## Ingredients

	2 People	4 People
Sirloin Steak	12 oz	24 oz
Butternut Squash	12 oz	24 oz
Parsley	¼ oz	½ oz
Vegetable Stock Concentrate	1	2
Thyme, Fresh	¼ oz	½ oz
Green Beans	4 oz	8 oz
Sliced Almonds	1)	2 oz
Butter*	2)	2 T
Olive Oil*	1 T	2 T

\*Not Included

## Allergens

1) Nuts

2) Milk

## Tools

Large Pan, Baking Sheet

**Nutrition per person** Calories: 665 cal | Fat: 44 g | Sat. Fat: 15 g | Protein: 41 g | Carbs: 30 g | Sugar: 6 g | Sodium: 278 mg | Fiber: 7 g

Make sure to wash and dry produce before prepping or cooking!

Ruler  
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1



**1 Prep the ingredients:** Preheat the oven to 400 degrees. Take the **steak** out of the fridge to come to room temperature. Finely chop the **parsley** leaves. Strip the **thyme** off the stems and finely chop the leaves. Trim the ends of the **green beans**.

**2 Roast the squash:** Toss the **butternut squash** on a baking sheet with **half the thyme**, a drizzle of **olive oil**, and a pinch of **salt** and **pepper**. Place in the oven for 25-30 minutes, tossing halfway through, until golden brown.

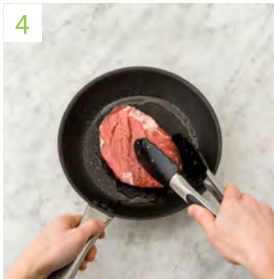
2/3



**3 Roast the green beans:** With about 15 minutes left to go on the **squash**, add the **green beans** to the same baking sheet and toss with a drizzle of **oil**. Season with **salt** and **pepper** and return to the oven for about 15 minutes, until golden brown.

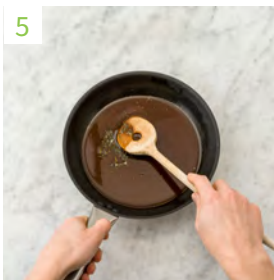
**4 Cook the steak:** Heat a drizzle of **oil** in a large pan over medium-high heat. Season the **steak** on all sides with **salt** and **pepper**. Add the steak to the pan and cook for 4-7 minutes per side, until cooked to desired doneness. Let rest for 5 minutes.

4



**5 Make the sauce:** Add the **thyme**, **stock concentrate**, and ¼ **cup water** to the same pan you cooked the **steak** in. Scrape up any browned bits from the bottom of the pan and bring to a simmer over medium-high heat. Simmer for 1-2 minutes, until thickened, then remove from the heat and swirl in **1 Tablespoon butter** and a pinch of **parsley**. Taste and season with **salt** and **pepper**.

5



**6 Finish and plate:** Sprinkle the **almonds** onto the baking sheet with the **green beans** and **squash**. Thinly slice the **steak** against the grain and serve alongside the **squash** and **green beans almondine**. Drizzle with the **pan sauce**, garnish with any **remaining parsley**, and enjoy!