



APR
2016

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



Yukon Potatoes



Garlic



Parsley



Green Beans



Dijon Mustard

Ingredients

	2 People	4 People
Sirloin Steak	12 oz	24 oz
Yukon Potatoes	12 oz	24 oz
Garlic	2 cloves	4 cloves
Parsley	¼ oz	¼ oz
Green Beans	4 oz	8 oz
Dijon Mustard	1 t	2 t
Butter* 1)	1 T	2 T
Oil*	1 T	2 T

*Not Included

Allergens

1) Milk

Tools

Peeler, Baking sheet,
Large pan, Small bowl

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

Ruler

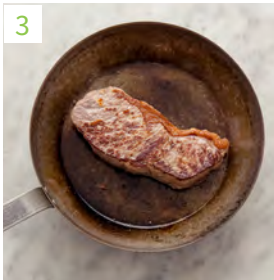
0 in ¼ in ½ in ¾ in 1 in

1



1 Prep the ingredients: Wash and dry all produce. Preheat the oven to 425 degrees. Remove **1 Tablespoon butter** and the **steak** from the refrigerator and bring to room temperature. Peel, then cut the **potatoes** into ½-inch cubes. Thinly slice the **garlic**. Finely chop the **parsley**. Trim the ends of the **green beans**.

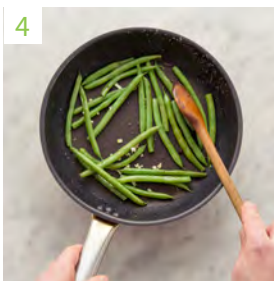
3



2 Roast the potatoes: Toss the **potatoes** on a baking sheet with a drizzle of **oil** and a pinch of **salt** and **pepper**. Place 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 2-3 minutes per side, until browned but not yet cooked to desired doneness. Transfer the steak to the baking sheet with the **potatoes**. Let it finish cooking for 5-7 minutes, or until desired doneness. Remove from the oven to rest for 5 minutes.

4



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

5



5 Make the herb butter: In a small bowl, mix together the softened **butter**, **1 teaspoon Dijon mustard**, and a pinch of **chopped parsley**. Season with **salt** and **pepper**.

6 Plate and finish: Slice the **pan-seared steak** against the grain and top the with the **herb butter**. Serve alongside the **green bean sauté** and **roasted potatoes**, enjoy!

Share your masterpiece! Tag your photos with #HelloFreshPics and share on you'll be entered into our weekly photo contest!

