



# Pan-Seared Steak

with Pan Sauce and Warm Potato Salad

30 Minutes



Beef Steak



Yellow Potato



Dill



Mayonnaise



Green Beans



Dijon Mustard



Beef Broth Concentrate



Garlic

HELLO BLACK PEPPER

*Black pepper gives this pan sauce plenty of zip.*

## Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

## Bust Out

2 Baking sheets, measuring spoons, large bowl, parchment paper, whisk, large non-stick pan, paper towels, measuring cups

## Ingredients

|                        | 2 Person | 4 Person |
|------------------------|----------|----------|
| Beef Steak             | 285 g    | 570 g    |
| Yellow Potato          | 360 g    | 720 g    |
| Dill                   | 7 g      | 7 g      |
| Mayonnaise             | ¼ cup    | ½ cup    |
| Green Beans            | 170 g    | 340 g    |
| Dijon Mustard          | 1 ½ tsp  | 3 tsp    |
| Beef Broth Concentrate | 1        | 2        |
| Garlic                 | 6 g      | 12 g     |
| Unsalted Butter*       | 2 tbsp   | 4 tbsp   |
| Oil*                   |          |          |

Salt and Pepper\*

\* Pantry items

\*\* Cook to a minimum internal temperature of 63°C/145°F for medium-rare; steak size will affect doneness.

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

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## Roast potatoes

Cut **potatoes** into 1-inch pieces. Toss **potatoes** with **1 tbsp oil** (dbl for 4 ppl) on a parchment-lined baking sheet. Season with **salt and pepper**. Roast in the **middle** of the oven, until golden-brown, 25-28 min.



## Prep

While **potatoes** roast, finely chop **2 tbsp dill** (dbl for 4 ppl). Trim **green beans**, then cut in half. Peel, then mince or grate **garlic**. Pat **steak** dry with paper towels, then season with **salt and pepper**.



## Start steak

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **steak**. Pan-fry, until golden-brown, 2-3 min per side. Meanwhile, toss **green beans** with **1 tbsp oil** (dbl for 4 ppl) on one half of another baking sheet. Season with **salt and pepper**. Set aside.



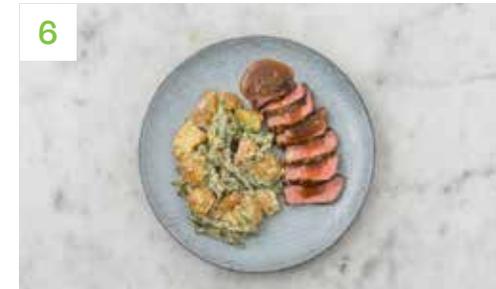
## Roast steak and beans

When **steak** is golden-brown, remove pan from heat. Transfer **steak** to the other side of the baking sheet with the **green beans**. Roast in the **top** of the oven, until steak is cooked to desired doneness, 6-8 min.\*\*



## Make pan sauce

While **steak** cooks, carefully wipe the same pan clean, then heat over low. When hot, add **garlic**, **2 tbsp butter** and **¼ tsp pepper** (dbl both for 4 ppl). Cook, stirring often, until fragrant, 1 min. Add **broth concentrate** and **¼ cup water** (dbl for 4 ppl). Stir together, until **sauce** thickens, 2-3 min.



## Finish and serve

Whisk together **mayo** and **mustard** in a large bowl. Add **potatoes**, **green beans** and **dill**. Toss together. Slice **steak**. Divide **steak** and **potato salad** between plates. Drizzle **pan sauce** over **steak**.

## Dinner Solved!