



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: 670



Sweet Potatoes



Green Beans



Beef Demi-Glaze
(Contains: Milk)



Thyme



Sirloin Steak



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
- Paper towels
- Large pan
- Kosher salt
- Black pepper
- Olive oil (2 TBSP | 2 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**
- Sirloin Steak* **10 oz** | **20 oz**
- Beef Demi-Glace **1** | **2**
- Almonds **1 oz** | **2 oz**

* Steak is fully cooked when internal temperature reaches 145 degrees.

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



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1 PREP

Adjust rack to middle position and preheat oven to 425 degrees. **Wash and dry all produce.** Dice **sweet potatoes** into ½-inch pieces. Strip **thyme** leaves from stems; discard stems. Finely chop leaves.



4 COOK STEAK

Meanwhile, pat **steak** dry with paper towels and season all over with **salt and pepper**. Heat a large drizzle of **olive oil** in a large pan over medium-high heat. Add steak to pan and cook to desired doneness, 3-6 minutes per side. Remove from pan and let rest 5 minutes.



2 START 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).



5 MAKE PAN SAUCE

Add **demi-glace**, ¼ cup **water** (⅓ cup for 4 servings), 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** (2 TBSP for 4 servings), stirring or swirling pan to melt. Season with **salt and pepper**.



3 FINISH VEGGIES

Once **sweet potatoes** have roasted 10 minutes, give them a toss and push toward one side of sheet. Add **green beans** to empty side of same sheet and toss with a large drizzle of **olive oil**. Season with **salt and pepper**. (For 4 servings, split veggies between 2 baking sheets; roast potatoes on top rack and green beans on middle rack.) Return to oven and roast until green beans are tender and sweet potatoes are done, about 15 minutes.



6 FINISH AND SERVE

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.

NUTS FOR NUTS

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

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