



# TUSCAN STEAK AND ROSEMARY POTATOES

with Cherry Tomatoes, Green Beans and Balsamic Pan Sauce

FAMILY



## HELLO THYME

An essential flavour which brings the taste of Italy to this dish!

TIME: 35 MIN



Beef Steak



Thyme



Russet Potato



Garlic



Shallot



Rosemary



Balsamic Vinegar



Cherry Tomatoes



Green Beans

## BUST OUT

- 2 Baking Sheets
- Garlic Press
- Measuring Cups
- Aluminum Foil
- Measuring Spoons
- Large Non-Stick Pan
- Paper Towels
- Salt and Pepper
- Unsalted Butter **2** (3 tbsp)
- Olive or Canola Oil

## INGREDIENTS

4-person

- Beef Steak 680 g
- Thyme 7 g
- Russet Potato 690 g
- Garlic 6 g
- Shallot 200 g
- Rosemary 7 g
- Balsamic Vinegar **9** 2 tbsp
- Cherry Tomatoes 227 g
- Green Beans 170 g

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Fish/Poisson
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

\*Laver et sécher tous les aliments.

\*\*Cuire jusqu'à une température interne minimale de 63°C/145°F.



## START STRONG

Preheat the oven to **450°F** (to roast potato wedges). Start prepping when the oven comes up to temperature!

**BBQ TIP:** Instead of pan-frying, grill steaks over medium-high heat, 4-7 min per side, for medium doneness (63°C/145°F).



### 1 ROAST POTATOES

Wash and dry all produce.\*

Finely chop **1 tbsp rosemary leaves**. Cut **potatoes** into ½-inch thick wedges. On a baking sheet, toss **potatoes** and **rosemary** with **2 tbsp oil**. Season with **salt**. Roast in **middle** of oven, until golden-brown, 18-20 min.



### 4 BROIL VEGGIES

When **potatoes** are almost tender, turn oven onto broil. On another baking sheet, toss **shallots, beans** and **tomatoes** with **1 tbsp oil**. Season with **salt** and **pepper**. Broil **veggies** in top and **potatoes** in **middle** of oven, until **tomatoes** burst and **potatoes** are golden, 7-8 min.



### 2 PREP

While **potatoes** roast, strip **1 tbsp thyme leaves** off stems. Trim ends from **shallot**, then peel and cut into quarters. Trim **beans**. Peel, then mince or grate **garlic**. Pat **steak** dry with paper towels, then season with **salt** and **pepper**.



### 5 MAKE PAN SAUCE

While **veggies** and **potatoes** broil, carefully wipe same pan clean. Heat the pan over medium heat. When hot, add **garlic, thyme** and **3 tbsp butter**. Cook, stirring often, until fragrant, 1 min. Add **vinegar** and **½ cup water**. Stir together, until thickened, 2-3 min.



### 3 COOK STEAK

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil**, then **steak**. Pan-fry, until cooked to desired doneness, 5-8 min, per side. (**TIP:** Cook to a min. internal temp. of 63°C/145°F for medium-rare; steak size will affect doneness.\*\*\*) Remove pan from heat. Transfer **steak** to a plate. Loosely cover with foil and set aside to rest.



### 6 FINISH AND SERVE

Thinly slice **steak**. Divide the **steak, potato wedges** and **veggies** between plates. Spoon **balsamic pan sauce** over **steak**.

## PAN SAUCE

This pan sauce is an easy way to add tons of flavour to steak!