



Pan-Seared Steak

with Dijon-Herb Butter, Roasted Potatoes and Green Beans

FAMILY 35 Minutes



Beef Steak



Yellow Potato



Garlic



Parsley and Thyme



Green Beans



Dijon Mustard

HELLO COMPOUND BUTTER

A blend of butter and aromatic ingredients used to boost flavour

Start Strong

Before starting, preheat the oven to 450°F and wash and dry all produce.

Remove 3 tbsp butter from the fridge and let it soften to room temperature.

Bust Out

Baking Sheet, Garlic Press, Measuring Spoons, Paper Towels, Small Bowl, Large Non-Stick Pan, Aluminum Foil

Ingredients

	4 Person
Beef Steak	570 g
Yellow Potato	600 g
Garlic	6 g
Parsley and Thyme	21 g
Green Beans	340 g
Dijon Mustard	1 tbsp
Unsalted Butter*	3 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.



1. ROAST POTATOES

Cut **potatoes** into ¼-inch rounds. Strip **2 tbsp thyme leaves** off stems. Toss **potatoes** and **thyme** with **2 tbsp oil** on a baking sheet. Arrange in an even layer. Season with **salt** and **pepper**. Roast in **middle** of oven, until golden, 25-28 min.



2. PREP

While **potatoes** roast, finely chop **parsley**. Trim **green beans**. Peel, then mince or grate **garlic**. Pat **steak** dry with paper towels, then season with **salt** and **pepper**.



3. COOK STEAK

Heat a large non-stick pan over medium-high heat. When hot, add **2 tbsp oil**, then **steak**. Pan-fry, until cooked to desired doneness, 5-8 min per side.**



4. MAKE HERBED BUTTER

While **steak** cooks, stir together **parsley**, **mustard**, **half the garlic** and **3 tbsp butter** (room temp.) in a small bowl. Season with **salt** and **pepper**. Set aside. When **steak** is done, remove the pan from heat and transfer **steak** to a plate. Divide **herbed butter** overtop. Loosely cover with foil. Set aside to rest.



5. COOK GREEN BEANS

Heat the same pan over medium-high heat. When hot, add **1 tbsp oil**, then **green beans**. Cook, stirring occasionally, until tender-crisp, 4-5 min. Add **remaining garlic**. Cook, stirring often, until **garlic** is fragrant, 1 min. Season with **salt** and **pepper**.



6. FINISH AND SERVE

Slice **steak**. Divide **steak**, **potatoes** and **beans** between plates. Spoon **warmed herb butter** over **steak**.

Dinner Solved!

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