



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 give 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	300 g	600 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!