












# Pan-Seared Steak and Thyme-Onion Gravy with Roasted Potatoes and Sugar Snap Peas

Special Plus 35 Minutes



-  Striploin Steak
-  Yellow Potato
-  Onion, sliced
-  Garlic, cloves
-  Beef Broth Concentrate
-  Parsley and Thyme
-  Sugar Snap Peas
-  Gravy Spice Blend
-  Green Beans

## HELLO SNAP PEAS

*Crunchy, sweet and bright: Snap peas are the perfect side for this indulgent steak dinner!*

## Start here

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

## Bust out

2 Baking sheets, measuring spoons, aluminum foil, large non-stick pan, measuring cups, paper towels

## Ingredients

	2 Person	4 Person
Striploin Steak	370 g	740 g
Yellow Potato	360 g	720 g
Onion, sliced	113 g	227 g
Garlic, cloves	2	4
Beef Broth Concentrate	1	2
Parsley and Thyme	14 g	14 g
Sugar Snap Peas	113 g	227 g
Gravy Spice Blend	2 tbsp	4 tbsp
Green Beans	170 g	340 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 the website or app for the as-prepared recipe nutritional information.

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

## Contact

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## Prep and roast potatoes

- Strip **1 tbsp thyme leaves** (dbl for 4ppl) from stems.
- Cut **potatoes** into 1-inch pieces.
- Add **potatoes, half the thyme** and **1 tbsp oil** (dbl for 4ppl) to an unlined baking sheet. Season with **salt** and **pepper**, then toss to combine. Roast in **middle** of the oven, until **potatoes** are golden-brown, 25-28 min.



## Roast steak and veggies

- Bake in the **top** of the oven until **veggies** are tender-crisp and **steak** is cooked to desired doneness, 6-8 min. \*\* (TIP: Remove steak to a plate if done baking before veggies. Continue to roast veggies until tender-crisp.)
- When **steak** is done, transfer to a plate. Loosely cover with foil and set aside to rest, 5 min.



## Prep

- Meanwhile, roughly chop **parsley**.
- Trim **snap peas**.
- Trim, then halve **green beans**.
- Peel, then mince or grate **garlic**.
- Add **snap peas, green beans** and **½ tbsp oil** (dbl for 4 ppl) to one side of another unlined baking sheet. Set aside.



## Make gravy

- Meanwhile, reheat the same pan (from step 3) over medium-high.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **onions**. Season with **salt** and **pepper**. Cook, stirring often, until softened, 3-4 min.
- Add **garlic, remaining thyme** and **Gravy Spice Blend**. Cook, stirring often, until **onions** are coated, 30 sec.
- Add **1 cup water** (1 ½ cups for 4 ppl), then **broth concentrate**. Bring to a boil.
- Once boiling, cook, stirring often, until **gravy** thickens slightly, 2-3 min. Remove from heat, then add **half the parsley** and **2 tbsp butter** (dbl for 4 ppl). Swirl the pan until **butter** melts, 1 min.



## Prep and sear steak

- Heat a large non-stick pan over medium-high heat.
- Meanwhile, pat **steak** dry with paper towels. Season with **salt** and **pepper**.
- When hot, add **1 tbsp oil** (dbl for 4ppl), then **steak**. Sear until golden-brown, 1-2 min per side.
- Remove the pan from heat and transfer **steak** to other side of the baking sheet with **snap peas and green beans**.



## Finish and serve

- Thinly slice **steak**.
- Divide **steak, roasted potatoes** and **veggies** between plates.
- Stir **any juices** from the plate with **beef** into the **thyme-onion gravy**, then spoon over the **steak**.
- Sprinkle **remaining parsley** over top.

## Dinner Solved!