



PAN-SEARED STEAK

with Dijon-Herb Compound Butter, Roasted Potatoes and Green Beans



HELLO

COMPOUND BUTTER

A blend of butter and aromatic ingredients used to boost flavour in dishes



Sirloin Steak



Mini Yukon Potatoes



Garlic



Parsley



Green Beans, trimmed



Dijon Mustard

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 688

BUST OUT

- Baking Sheet
- Large Pan
- Small Bowl
- Measuring Spoons
- Butter (2 tbsp | 4 tbsp)
- Salt
- Pepper
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

- Sirloin Steak 1 pkg | 2 pkg
(340 g) (680 g)
- Mini Yukon Potatoes 1 pkg | 2 pkg
(340 g) (680 g)
- Garlic 1 pkg | 2 pkg
(10 g) (20 g)
- Parsley 1 pkg | 1 pkg
(10 g) (10 g)
- Green Beans, trimmed 1 pkg | 2 pkg
(170 g) (340 g)
- Dijon Mustard 6,9 1 pkg | 2 pkg
(1 ½ tsp) (3 tsp)

ALLERGENS

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

- 0 Seafood/Fruit de Mer
- 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

START STRONG

Preheat the oven to **450°F** (to roast the potatoes). Remove the **butter** from the fridge. 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.



1 ROAST POTATOES Wash and dry all produce. Slice the **potatoes** into ¼-inch rounds. Toss the potatoes on a baking sheet with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, flipping them over halfway through cooking, until the potatoes are golden-brown, 25-28 min.



4 MAKE BUTTER Meanwhile, in a small bowl, stir together the **butter**, **mustard**, **1 tbsp parsley** (double for 4 people) and as much **garlic** as you like. (Adding more garlic will make it spicier!) Season with **salt** and **pepper**.



2 PREP Meanwhile, mince or grate the **garlic**. Finely chop **3 tbsp parsley** (double for 4 people).



5 COOK BEANS Add a drizzle of **oil** to the same pan, then the **green beans**, **remaining garlic** and **remaining parsley**. Cook, stirring occasionally, until beans are tender-crisp, 4-5 min.



3 COOK STEAK Pat the **steak(s)** dry with paper towels, then season with **salt** and **pepper**. Heat a large pan over medium-high heat. Add a drizzle of **oil**, then the **steak(s)**. Pan-fry until golden-brown and cooked to desired doneness, 4-7 min per side. (**TIP:** Cook to a minimum internal temperature of 160°F.) Set the **steak(s)** aside on a plate.



6 FINISH AND SERVE Thinly slice the **steak(s)**. Divide the **steak**, **potatoes** and **green beans** between plates. Top the **steak** with the **compound butter**.

YUM!

Spread this compound butter on toast to make homemade garlic bread.