



Pan-Seared Steaks

with Roasted Potato Coins and Tomato Pan Sauce

Steak Night

35 Minutes



Beef Steak



Yellow Potato



Broccoli, florets



Baby Tomatoes



Shallot



Garlic, cloves



Parsley



Beef Broth Concentrate



Garlic Salt

HELLO GARLIC SALT

Garlic adds a zesty punch to simple salt!

Start here

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

Bust out

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

Ingredients

	2 Person	4 Person
Beef Steak	340 g	680 g
Yellow Potato	300 g	600 g
Broccoli, florets	227 g	454 g
Baby Tomatoes	113 g	227 g
Shallot	50 g	100 g
Garlic, cloves	2	4
Parsley	7 g	7 g
Beef Broth Concentrate	1	2
Garlic Salt	1 tsp	2 tsp
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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1 Prep and roast potato coins

- Cut **potatoes** into ¼-inch rounds.
- Add **potatoes** and **1 tbsp oil** (dbl for 4 ppl) to an unlined baking sheet. Season with **half the garlic salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, stirring halfway through, until golden-brown and tender, 25-28 min.



4 Cook steaks and finish broccoli

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **steaks** dry with paper towels, then season with **remaining garlic salt** and **pepper**.
- When the pan is hot, add **1 tbsp oil** (dbl for 4 ppl), then **steaks**. Pan-fry until golden-brown, 1-2 min per side.
- Transfer **steaks** to the other side of the baking sheet with **broccoli**. Continue to roast in the **top** of the oven until **broccoli** is tender-crisp and **steaks** are cooked to desired doneness, 5-8 min.**
- Transfer **steaks** to a plate. Cover with foil and set aside to rest.



2 Prep

- Meanwhile, roughly chop **parsley**.
- Peel, then finely chop **shallot**.
- Halve **tomatoes**.
- Peel, then mince or grate **garlic**.
- Cut **broccoli** into bite-sized pieces.



5 Make sauce

- Reheat the same pan over medium.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **tomatoes, shallots** and **garlic**. Cook, stirring occasionally, until **tomatoes** begin to soften, 3-4 min.
- Add **broth concentrate** and **¼ cup water** (½ cup for 4 ppl) to the pan. Bring to a boil over medium-high.
- Once boiling, remove the pan from heat. Add **half the parsley** and **2 tbsp butter** (dbl for 4 ppl). Season with **salt** and **pepper**, to taste, then stir to combine until **butter** melts, 1 min.



3 Start broccoli

- Add **broccoli** and **½ tbsp oil** (dbl for 4 ppl) to one side of an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **top** of the oven until beginning to soften, 3 min. (**NOTE:** Broccoli will continue to roast with steaks in step 4.)



6 Finish and serve

- Thinly slice **steaks**.
- Stir **any steak juices** from the plate into the pan with **sauce**. (**TIP:** For a lighter sauce consistency, add more water, 1-2 tbsp at a time, if desired.)
- Divide **steaks, broccoli** and **potato coins** between plates.
- Spoon **tomato pan sauce** over **steaks**.
- Sprinkle **remaining parsley** over top.

Dinner Solved!