



Pan-Seared Steaks

with Pan Sauce and Parsley-Butter Potatoes

Steak Night

30 Minutes



Top Sirloin Steak



Yellow Potato



Green Beans



Dijon Mustard



Beef Broth Concentrate



Garlic, cloves



Gravy Spice Blend



Parsley

HELLO STEAK

Patting your steak dry before seasoning and searing ensures perfect browning!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust out

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

Ingredients

	2 Person	4 Person
Top Sirloin Steak	340 g	680 g
Yellow Potato	360 g	720 g
Green Beans	170 g	340 g
Dijon Mustard	1 ½ tsp	3 tsp
Beef Broth Concentrate	1	2
Garlic, cloves	2	4
Gravy Spice Blend	2 tbsp	4 tbsp
Parsley	7 g	14 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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Roast potatoes

- Cut **potatoes** into 1-inch pieces.
- Add **potatoes** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, tossing halfway through, until golden-brown and tender, 25-28 min.



Roast steaks and beans

- Add **green beans** and **½ tbsp oil** (dbl for 4 ppl) to the other side of the baking sheet with **steaks**. Season with **salt** and **pepper**, then toss to coat.
- Roast **steaks** and **green beans** in the **top** of the oven, until **green beans** are tender and **steaks** are cooked to desired doneness, 6-8 min.**



Prep

- Meanwhile, finely chop **parsley**.
- Trim, then halve **green beans**.
- Peel, then mince or grate **garlic**.
- Cut **2 tbsp butter** (dbl for 4 ppl) into small pieces.



Make pan sauce

- Meanwhile, carefully wipe the pan (from step 3) clean, then heat over medium.
- When hot, add **half the butter**, then **garlic** and **Gravy Spice Blend**. Season with **pepper**. Cook, stirring often, until fragrant, 30 sec.
- Add **1 cup water** (dbl for 4 ppl), **broth concentrate** and **Dijon**. Stir to combine, then bring to a simmer.
- Simmer, stirring occasionally, until **sauce** thickens, 2-3 min.



Start steaks

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **steaks** dry with paper towels, then season with **salt** and **pepper**.
- When the pan is hot, add **½ tbsp oil** (dbl for 4 ppl), then **steaks**. Pan-fry until golden-brown, 2-3 min per side.
- Transfer **steaks** to the other side of another parchment-lined baking sheet. (**NOTE:** Steaks will finish cooking in step 4.)



Finish and serve

- Set **steaks** aside to rest for 2-3 min.
- Cover **green beans** to keep warm.
- When **potatoes** are done, add **remaining butter** and **half the parsley**, then toss to combine.
- Thinly slice **steaks**.
- Divide **steaks, potatoes** and **green beans** between plates.
- Drizzle pan **sauce** over **steaks**. Sprinkle **remaining parsley** over top.

Dinner Solved!