



Pan-Seared Steaks

with Pan Sauce and Parsley-Butter Potatoes

Steak Night

30 Minutes



Beef Steak
285 g | 570 g



Yellow Potato
350 g | 700 g



Green Beans
170 g | 340 g



Dijon Mustard
1 1/2 tsp | 3 tsp



Beef Broth Concentrate
1 | 2



Garlic, cloves
2 | 4



Gravy Spice Blend
2 tbsp | 4 tbsp



Parsley
7 g | 14 g

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.

1



Roast potatoes

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.
- Cut **potatoes** into 1-inch pieces.
- Add **potatoes** and **1 tbsp** (2 tbsp) **oil** 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.

2



Prep

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

3



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 $\frac{1}{2}$ **tbsp** (1 tbsp) **oil**, then **steaks**. Pan-fry until golden-brown, 2-3 min per side.
- Transfer **steaks** to one side of another parchment-lined baking sheet.
(NOTE: Steaks will finish cooking in step 4.)

4



Roast steaks and green beans

- Add **green beans** and $\frac{1}{2}$ **tbsp** (1 tbsp) **oil** 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.**

5



Make pan sauce

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

6



Finish and serve

- Set **steaks** aside to rest, 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.

** Cook to a minimum internal temperature of 63°C/145°F for medium-rare; steak size will affect doneness.



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