



FEB
2017

Seared Steak and Crispy Potato Salad

with Tomatoes, Green Beans and Shallot Pan Sauce

This juicy pan-seared steak and Spanish-inspired potato and tomato salad is the perfect date night dinner. And just in time for Valentine's Day! If you're looking for a meal that's sure to impress, you don't need to look any further.



Sirloin Steak



Russet Potato



Green Beans



Grape Tomatoes



Shallot



Oregano



Garlic



Beef Broth Concentrate

Ingredients

	2 People	4 People	*Not Included
Sirloin Steak	1 pkg (340 g)	2 pkg (680 g)	
Russet Potato	1 pkg (340 g)	2 pkg (680 g)	Allergens
Green Beans, trimmed	1 pkg (170 g)	2 pkg (340 g)	None
Grape Tomatoes	1 pkg (113 g)	2 pkg (227 g)	
Shallot	1	2	
Oregano	1 pkg (7 g)	1 pkg (7 g)	Tools
Beef Broth Concentrate	1 pkg	2 pkg	Measuring Spoons,
Garlic	1 pkg (10 g)	2 pkg (20 g)	Baking Sheet, Large Pan,
Olive or Canola Oil*			Measuring Cups

Nutrition per person Calories: 476 cal | Fat: 15 g | Protein: 43 g | Carbs: 45 g | Fibre: 8 g | Sodium: 439 mg

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

2



1 Preheat the oven to 450°F (to roast the potatoes.) Start prepping when the oven comes up to temperature!

2 Prep: Wash and dry all produce. Cut the **potatoes** into ½-inch cubes. Peel and finely chop the **shallot**. Mince or grate the **garlic**. Finely chop **2 tsp oregano leaves** (double for 4 people.)

3 Roast the potatoes: Toss the **potatoes** on a baking sheet with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, stirring halfway through cooking, until tender and golden-brown, 25-28 min.

4 Cook the veggies: Heat a large pan over medium-high heat. Add a drizzle of **oil**, then the **green beans, tomatoes, garlic** and **oregano**. Cook, stirring often, until the beans are tender-crisp and the tomatoes soften slightly, 5-6 min. Transfer the veggies to a bowl.

5 Cook the steak: Season the **steak** with **salt** and **pepper**. Add another drizzle of **oil** in the same pan, then the steak. Cook for 4-7 min per side, until cooked to desired doneness. (**TIP:** Inserting a thermometer into a medium steak should display an internal temperature of 160°F.) Set the steak aside on a plate.

6 Make the pan sauce: Reduce the heat to medium. Add another drizzle of **oil** to the same pan, then the **shallot**. Cook until softened, 2-3 min. Stir in the **broth concentrate(s)** and **½ cup water** (double for 4 people), scraping up any browned bits on the bottom of the pan. (This is where the flavour is!)

7 Finish and serve: Toss the **roasted potatoes** into the **veggies**. Season with **salt** and **pepper**. Thinly slice the **steak** and serve alongside the **potato salad**, drizzled with the **shallot pan sauce**. Enjoy!

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Ruler

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