



SEARED STEAK AND HOMEMADE BAKED FRIES

with Nutty Green Beans and Garlic-Parsley Butter

FAMILY



HELLO STEAK FRITES

This steak and fries pairing is a French classic



Beef Steak



Garlic



Yellow Potato



Parsley



Green Beans



Almonds, sliced

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 843

BUST OUT

- Aluminum Foil
- Garlic Press
- Baking Sheet
- Large Non-Stick Pan
- Paper Towel
- Parchment Paper
- Measuring Spoons
- 2 Small Bowls
- Unsalted Butter **2** (2 tbsp)
- Salt and Pepper
- Olive or Canola oil

INGREDIENTS

4-person

- Beef Steak 680 g
- Garlic 12 g
- Yellow Potato 600 g
- Parsley 20 g
- Green Beans 340 g
- Almonds, sliced **5** 56 g

ALLERGENS | ALLERGÈNES

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

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 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
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 63°C/145°F.



START STRONG



Preheat the oven to **450°F** (to bake the fries). Start prepping when the oven comes up to temperature! Remove the butter from the fridge and let it soften to room temperature. In Step 2, use this garlic guide to determine what garlic level you prefer: **1/4 tsp** mild, **1/2 tsp** medium and **1 tsp** extra!



1 BAKE FRIES

Wash and dry all produce.* Peel, then mince or grate the **garlic**. Finely chop the **parsley**. Cut the **potatoes** into 1/4-inch wide fries. On a parchment-lined baking sheet, toss the **potatoes** with **2 tbsp oil**. Season with **salt**. Roast in the middle of the oven, until the **potatoes** are golden-brown, 25-28 min.



4 COOK STEAK

Heat the pan to medium-high. When pan is hot, add **2 tbsp oil** then the **steaks**. Pan-fry until cooked to desired doneness, 4-6 min per side. (**TIP:** Cook to a min. internal temp. of 63°C/145°F for medium-rare; steak size will affect doneness.**) Remove pan from heat and transfer **steaks** to a plate. Loosely cover with foil and set aside to rest.



2 PREP & MAKE BUTTER

Meanwhile, in a small bowl, stir together **1/2 tsp garlic**, **half the parsley** and **2 tbsp room temp butter**. (**NOTE:** Reference the garlic guide in the Start Strong.) Season with **salt** and **pepper**. Set aside. Roughly chop the **almonds**. Cut the stems off the **green beans**, if needed. Pat the **steak** dry with paper towel, then season with **salt** and **pepper**.



5 COOK GREEN BEANS

Wipe the same pan clean. Heat the pan over medium-high heat. When the pan is hot, add **2 tbsp oil**, then **green beans**. Cook, stirring occasionally, until **beans** are tender-crisp, 4-5 min. Add **1 tsp garlic**. (**NOTE:** Reference the garlic guide in the Start Strong.) Cook, stirring together with **beans**, until fragrant, 1-2 min. Season with **salt** and **pepper**.



3 TOAST ALMONDS

Heat a large non-stick pan over medium heat. When the pan is hot, add the **almonds** to the dry pan. Toast, stirring often, until golden-brown, 4-5 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer the **almonds** to another small bowl and set aside.



6 FINISH AND SERVE

Remove pan from the heat and stir in **almonds**. Thinly slice **steaks**. Divide **steak**, **fries** and **beans** between plates. Divide the **herbed butter** between **steaks** and drizzle over **juices** from the plate. Sprinkle over **remaining parsley**.

BUTTERY!

Adding a pat of butter to seared steak is a restaurant kitchen secret that boosts flavour.