



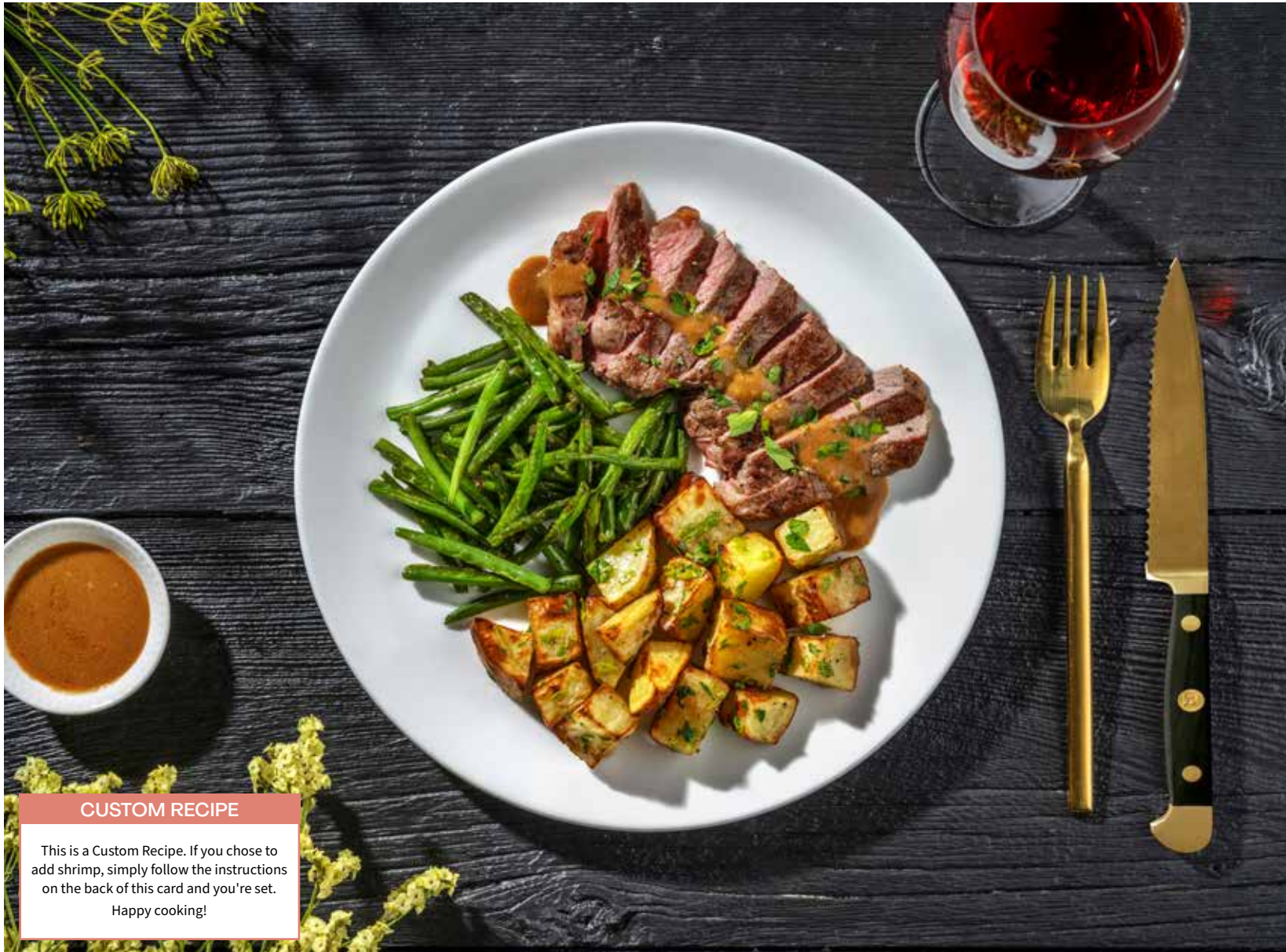
# Pan-Seared Steaks

with Pan Sauce and Parsley-Butter Potatoes

Special Steak Night 30 Minutes



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Beef Steak



Shrimp



Yellow Potato



Green Beans



Dijon Mustard



Beef Broth Concentrate



Garlic, cloves



Gravy Spice Blend



Parsley

### CUSTOM RECIPE

This is a Custom Recipe. If you chose to add shrimp, simply follow the instructions on the back of this card and you're set.

Happy cooking!

### 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.

**Measurements within steps** **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

## Bust out

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

## Ingredients

	2 Person	4 Person
Beef Steak	285 g	570 g
Shrimp	285 g	570 g
Yellow Potato	350 g	700 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 shrimp to a minimum internal temperature of 74°C/165°F, as size may vary, and steak 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.*



1

### Roast potatoes

- 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.



4

### Roast steaks and green beans

- Add **green beans** and **½ 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.\*\*



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.

If you've opted to add **shrimp**, using a strainer, drain and rinse, then pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp** (1 tbsp) **oil**, then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.\*\* Transfer to a plate. Use the same pan to sear **steaks** in step 3.



5

### 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** (2 cups) **water**, **broth concentrate** and **Dijon**. Stir to combine, then bring to a simmer.
- Simmer, stirring occasionally, until **sauce** thickens, 2-3 min.



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 **½ 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.)



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.

Serve **shrimp** alongside **main dish**.



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Dinner Solved!