



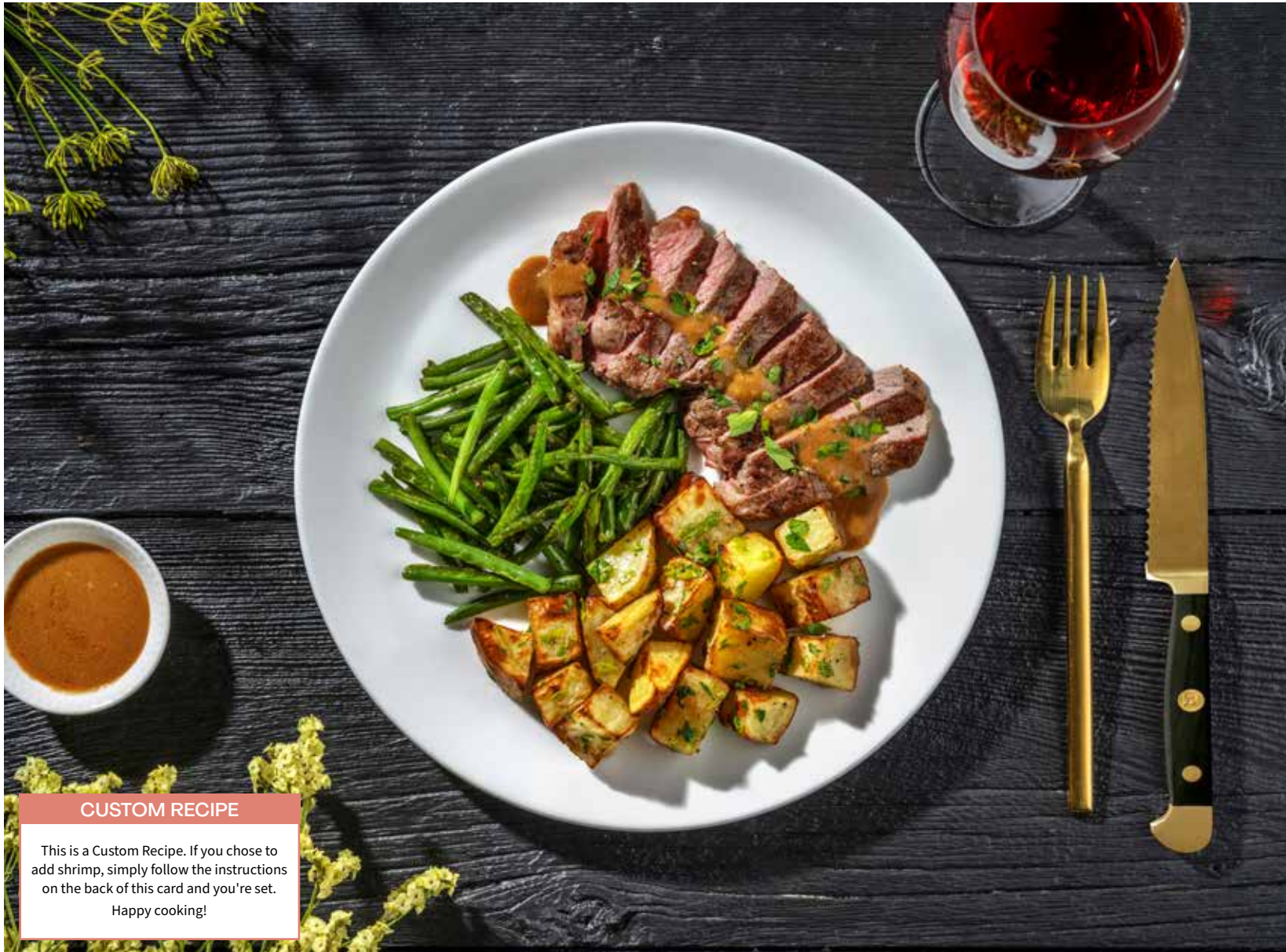
Pan-Seared Steaks

with Pan Sauce and Parsley-Butter Potatoes

Top-Rated Special 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.



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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. Reuse 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.

Top final plates with **shrimp**.

Dinner Solved!