

NO ADDED GLUTEN

Seared Steak

with Warm Potato & Green Bean Salad

 20-30min  4 Servings

Classic steak and potatoes gets a sophisticated upgrade when crisp-tender, bright green beans and potatoes are tossed in whole grain mustard and vinegar for a tangy bite. Tender sirloin steaks need little more than salt, pepper, and a good sear to bring them to the best versions of themselves.

What we send

• 17

What you need

- kosher salt & ground pepper
- olive oil
- white wine vinegar ¹⁷

Tools

- large skillet
- medium saucepan

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

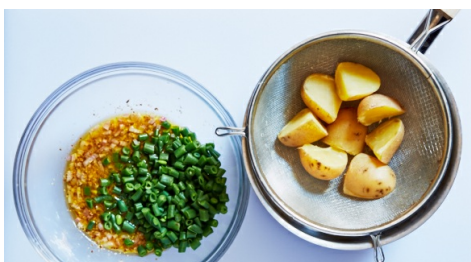
Nutrition per serving

Calories 580kcal, Fat 37g, Carbs 26g, Proteins 42g



1. Prep ingredients

Cut **potatoes** into quarters or, if large, eighths. Trim stem ends from **green beans**. Peel and finely chop **¼ cup shallot**.



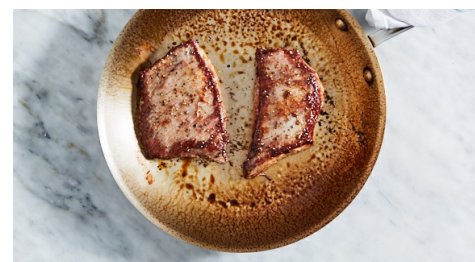
4. Make vinaigrette

Cut **green beans** into ¼-inch pieces and transfer to a large bowl. Add **mustard, chopped shallots, 3 tablespoons vinegar, ⅓ cup oil, ½ teaspoon salt, and ¼ teaspoon pepper**; stir to combine. Add **warm potatoes** and toss to coat.



2. Boil potatoes

Place **potatoes** in a medium saucepan, along with **2 teaspoons salt** and enough water to cover by 1 inch. Cover and bring to a boil over high heat, then uncover and cook until potatoes are just tender, 12-15 minutes. Remove potatoes from saucepan with a slotted spoon, reserving cooking water.



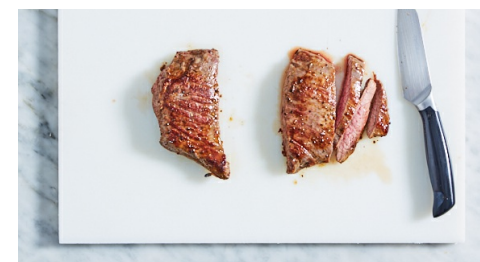
5. Cook steaks

Heat **2 tablespoons oil** in a medium skillet over medium-high. Season **steaks** all over with **1 teaspoon salt** and **½ teaspoon pepper**. Add to skillet and cook, turning once, until deeply browned, 3-5 minutes per side for medium-rare (or longer for thicker steaks).



3. Cook green beans





Bring saucepan of water back to a boil. Add **green beans** and cook until bright green and crisp-tender, about 3 minutes. Drain and transfer to a cutting board.



6. Finish & serve

Transfer **steaks** to a cutting board to rest for a few minutes. Very thinly slice across the grain and serve with **potato salad** alongside. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

View the recipe online by visiting your account at marleyspoon.com     **#marthaandmarleyspoon**