



Fs sku1639 hero

## Honey-Dijon Glazed Steak

with Roasted Green Beans & Potatoes

 30-40min  4 Servings

With this dish, we've modernized the idea of 'steak & potatoes.' Succulent flank steaks are glazed with a combination of sweet honey-mustard and tangy vinegar. And we save time by cooking the potatoes and green veggie together with a sheet pan roast of Yukon golds and green beans.

## What we send

- green beans
- Yukon gold potatoes
- honey
- Dijon mustard <sup>17</sup>
- fresh thyme
- flank steaks

## What you need

- kosher salt & ground pepper
- olive oil

## Tools

- skillet
- rimmed baking sheet

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.

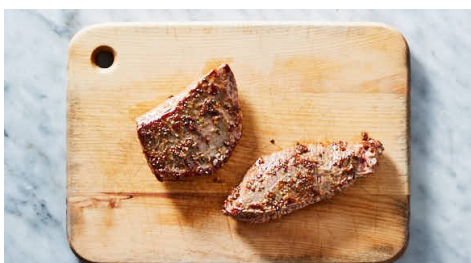
## Nutrition per serving

Calories 540kcal, Fat 26g, Carbs 53g, Proteins 28g



### 1. Roast potatoes

Preheat oven to 450°F with a rack in the upper third. Place a rimmed baking sheet in oven to preheat. Scrub **potatoes**, then slice into ¼-inch thick rounds. In a large bowl, toss potatoes with ¼ cup oil, 1 teaspoon salt, and a few grinds pepper. Add to baking sheet in an even layer. Roast on upper rack until tender and lightly browned, 20-25 minutes.



### 4. Sear steaks

While **vegetables** roast, pat **steaks** dry and season all over with 1 teaspoon salt and several grinds of pepper. Heat 1 tablespoon oil in a medium skillet over medium-high. Add steaks and cook until well browned, 4-6 minutes per side for medium-rare. Transfer to a cutting board to rest.



### 2. Prep beans & sauce

Trim stem ends from **green beans**. Pick and finely chop 1 teaspoon thyme leaves. Using same bowl, toss green beans with remaining whole thyme sprigs, 2 teaspoons oil, and a pinch each salt and pepper. In a small bowl, whisk together chopped thyme, honey, mustard, 2 tablespoons vinegar, and ¼ cup water.



### 5. Make pan sauce

Remove skillet from heat, then immediately add honey-mustard-vinegar mixture to skillet. Return skillet to medium heat, scraping up any browned bits, until sauce is thick and glossy, about 2 minutes. Season to taste with salt and pepper.



### 3. Roast green beans

Once **potatoes** have been in the oven for 20-25 minutes, add **green beans** to baking sheet. Return to oven and roast until potatoes are browned and crisp, and green beans are tender, about 10 minutes. Discard thyme sprigs.



### 6. Serve

Very thinly slice **steaks** across the grain. Add any resting juices from cutting board to pan sauce in skillet. Serve **steak** alongside roasted **green beans** and **potatoes** with **sauce** spooned over **steak**. Enjoy!