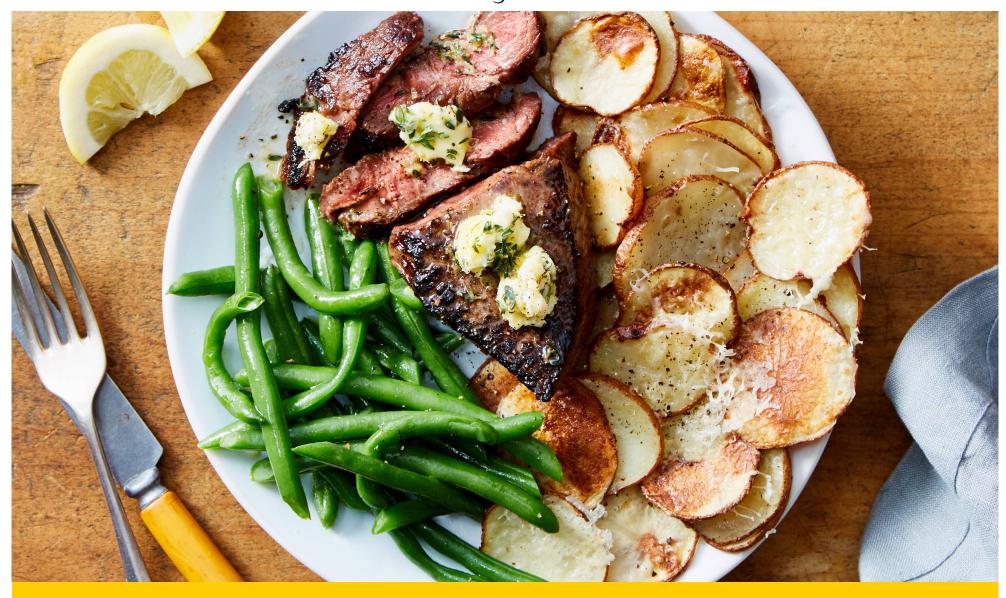
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# **Pan-Seared Sirloin Steak & Parm Potatoes**

with Green Beans & Herb Compound Butter





30-40min 2 Servings

#### What we send

- 1 lemon
- ½ oz honey
- ½ oz tamari 6
- 10 oz pkg sirloin steaks
- 2 (½ lb) russet potatoes
- ¾ oz Parmesan 7
- ½ lb green beans
- ¼ oz fresh thyme

# What you need

- · olive oil
- butter 7
- kosher salt & ground pepper

#### **Tools**

- · microplane or grater
- rimmed baking sheet
- medium saucepan
- medium heavy skillet (preferably cast-iron)

#### **Allergens**

Soy (6), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

#### **Nutrition per serving**

Calories 600kcal, Fat 28g, Carbs 52g, Protein 44g



#### 1. Marinate steaks

Preheat oven to 450°F with a rack in the lower third. Finely grate 1 teaspoon lemon zest; separately squeeze 1½ teaspoons juice into a medium bowl. Cut any remaining lemon into wedges. To bowl with lemon juice, add honey, tamari, and 1½ teaspoons oil; whisk to combine. Pat steaks dry, transfer to bowl with marinade, and turn to coat. Set aside, turning once, until step 5.



### 2. Prep ingredients

Scrub **potatoes**, then thinly slice into rounds. Place **2 tablespoons butter** in a small bowl and set aside to soften at room temperature until step 6. Finely grate **Parmesan**.



## 3. Roast potatoes

On a rimmed baking sheet, toss **potatoes** with **2 teaspoons oil**; season generously with **salt** and **pepper**. Roast on lower oven rack until tender and browned in spots, about 20 minutes. Remove from oven, sprinkle with **Parmesan**, and return to oven. Roast until cheese is melted, 2-3 minutes (watch closely as ovens vary).



# 4. Prep green beans & thyme

Meanwhile, bring a medium saucepan of salted water to a boil. Trim green beans. Pick 1 teaspoon thyme leaves from stems, then finely chop; discard stems. Add green beans to boiling water; cook until crisp-tender, 3-4 minutes. Drain well, then return to saucepan and drizzle with oil. Cover to keep warm until ready to serve.



5. Cook steaks

Remove **steaks** from marinade; discard marinade. Pat steaks dry and season all over with **salt** and **pepper**. Heat **2 teaspoons oil** in a medium heavy skillet (preferably cast-iron) over medium-heat. Add steaks and cook until deeply browned and medium-rare, 3-4 minutes per side (or longer for desired doneness). Transfer steaks to a cutting board and let rest for 5 minutes.



6. Finish & serve

Add chopped thyme and lemon zest to bowl with softened butter. Use a fork to mash to combine. Season with salt and pepper. Thinly slice steaks, if desired, then spread lemon-thyme butter over top. Serve steaks with potatoes and green beans alongside, and with any lemon wedges for squeezing over. Enjoy!