




Bastille Day Coulotte Steak Frites

with Arugula Salad

 40-50min  2 Servings

Steak Frites! This quintessential French meal is the perfect way to celebrate the Gallic holiday without jetting off to France. We sear a buttery coulotte steak, then pair it with extra crispy fries and an arugula salad dressed with Dijon vinaigrette. Garlic and thyme infuse a pan sauce with classic bistro flavors that coat the tender steaks. Uncork your favorite red wine and celebrate le jour de fête!

What we send

- 2 potatoes
- 1 shallot
- garlic
- 1 lemon
- 1 pkt beef broth concentrate
- ¼ oz fresh thyme
- 1 pkt Dijon mustard ¹⁷
- 3 oz arugula
- 10 oz pkg coulotte steak

What you need

- all-purpose flour (or gluten-free alternative)
- olive oil
- kosher salt & ground pepper
- butter ⁷

Tools

- rimmed baking sheet
- medium skillet

Allergens

Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 800kcal, Fat 49g, Carbs 54g, Protein 38g



1. Bake fries

Preheat oven to 450°F with racks in the upper and lower thirds. Scrub **potatoes**; cut into ¼-inch thick fries. Toss on a rimmed baking sheet with **2 teaspoons flour** and **2 tablespoons oil**; season with **salt** and **pepper**.

Bake on lower oven rack, 15-20 minutes. Flip fries and cook until tender and deeply browned on the bottom, 5-10 minutes more.



4. Make sauce

In same skillet over medium, heat **1 tablespoon butter** and **garlic**; stir until fragrant, about 30 seconds. Add **broth concentrate**, **a few thyme sprigs**, and **¼ cup water**. Reduce by half, about 1 minute. Season to taste with **salt** and **pepper** (add 1 more tablespoon butter, if desired). Keep over low heat, thinning with **1 teaspoon water** at a time if sauce reduces too much.



2. Prep ingredients

Meanwhile, halve and thinly slice **¼ cup shallot** (save rest for own use). Finely chop **1 teaspoon garlic**. Squeeze **4 teaspoons lemon juice** into a small bowl.

In a large bowl, toss shallots with 1 teaspoon of the lemon juice. Set aside until step 5.



5. Make salad

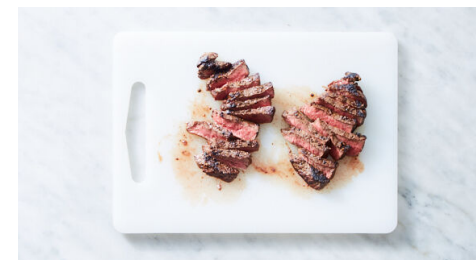
To bowl with **shallots and lemon**, whisk in **Dijon mustard**, **remaining lemon juice**, and **3 tablespoons oil**; season with **salt** and **pepper**. Add **arugula** and toss to coat.



3. COULOTTE VARIATION

Pat **steak** dry; season with **salt** and a **generous pinch of pepper**.

Once **fries** are flipped, heat **1 tablespoon oil** in a medium ovenproof skillet over medium-high. Add steak; reduce heat to medium and cook, 5 minutes per side. Transfer skillet to upper oven rack; roast until medium-rare, about 5 minutes more. Transfer to a cutting board.



6. Finish & serve

Season **fries** with **salt** immediately out of the oven.

Slice **steak** and serve with **fries** and **salad** alongside. Spoon **pan sauce** over **steak**. Enjoy!