# MARLEY SPOON



# **Honey-Dijon Glazed Steak**

with Roasted Green Beans & Potatoes





With this dish, we've modernized the idea of "steak & potatoes." We glaze succulent sirloin steaks with a sweet-tangy combo of honey-mustard and vinegar. And we save time by cooking the potatoes and green veggie together with a sheet pan roast of Yukon golds and string beans.

### What we send

- 12 oz Yukon gold potatoes
- ½ lb green beans
- 1/4 oz fresh thyme
- 2 (½ oz) honey
- 10 oz pkg sirloin steaks
- 2 (1/4 oz) Dijon mustard

# What you need

- · olive oil
- kosher salt & ground pepper
- balsamic vinegar (or red wine vinegar)

#### **Tools**

- · rimmed baking sheet
- medium skillet

#### **Allergens**

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

#### **Nutrition per serving**

Calories 560kcal, Fat 30g, Carbs 50g, Protein 27g



# 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 medium bowl, toss potatoes with 1½ tablespoons oil. Season with salt and pepper. Carefully add to the preheated baking sheet in an even layer. Roast on upper oven rack until tender and lightly browned, 15–20 minutes.



# 2. Prep ingredients

Meanwhile, trim **green beans**. Pick and finely chop ½ **teaspoon thyme leaves**. Using same bowl, toss green beans with remaining whole thyme sprigs, 1 **teaspoon oil**, and a **pinch each salt and pepper**. In a small bowl, whisk to combine **chopped thyme**, **honey**, **mustard**, and 2 **tablespoons each vinegar and water**.



# 3. Roast green beans

Once **potatoes** have been in the oven for 15-20 minutes, add **green beans** to baking sheet. Return to oven and roast on upper oven rack until potatoes are browned and crisp, and green beans are tender, about 10 minutes. Remove and discard **thyme sprigs**.



4. Sear steak

While **vegetables** roast, pat **steaks** dry and season all over with **salt** and **several grinds of pepper**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add steaks and cook until well browned, 3-4 minutes per side for medium-rare (or longer for thicker steaks). Transfer to a cutting board to rest.



5. Make pan sauce

Remove skillet from heat, then immediately add **honey-mustard-vinegar mixture** to skillet. Return skillet to medium heat; stir, scraping up any browned bits from the bottom, until sauce is thick and glossy, 2-3 minutes. Season to taste with **salt** and **pepper**.



6. Serve

Thinly slice **steaks**, if desired. Stir in **any resting juices** from cutting board to pan sauce in skillet. Serve steaks alongside **roasted green beans and potatoes** with **sauce** spooned over steak. Enjoy!