MARLEY SPOON



Honey-Dijon Glazed Organic 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

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

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 22g, Carbs 58g, Protein 39g



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, salt, and a few grinds 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!