

# DINNERLY



## Seared Steak & Mashed Potatoes with Roasted Carrots & Green Beans



30-40min



2 Servings

A classic meat and potatoes dinner has that it factor we can't deny, so let's show you how to make it perfectly every time. This recipe has all the essential elements you need: creamy mashed potatoes, tender green beans and carrots, seared steak, and a buttery pan sauce. We've got you covered!



## WHAT WE SEND

- 2 potatoes
- ¼ oz granulated garlic
- 1 carrot
- ½ lb green beans
- ½ lb pkg sirloin steak
- ¼ oz steak seasoning

## WHAT YOU NEED

- kosher salt & ground pepper
- 4 Tbsp butter <sup>7</sup>
- ¼ cup milk <sup>7</sup>
- olive oil
- all-purpose flour (or gluten-free alternative)

## TOOLS

- medium saucepan
- potato masher or fork
- rimmed baking sheet
- medium skillet

## ALLERGENS

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

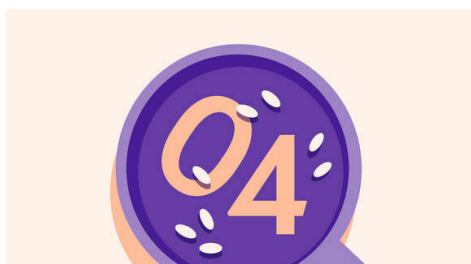
## NUTRITION PER SERVING

Calories 760kcal, Fat 48g, Carbs 60g, Protein 27g



### 1. Cook potatoes

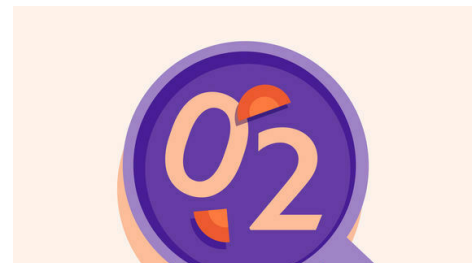
Peel **potatoes** and cut into 1-inch pieces. Transfer to a medium saucepan with enough **salted water** to cover by 1 inch. Cover and bring to a boil over high heat, then uncover and cook until easily pierced with a fork, 10–12 minutes. Drain and return to saucepan off heat with **2 tablespoons butter** and **¼ cup milk**. Mash with a potato masher or fork and season to taste; cover to keep warm.



### 4. Cook steak & start sauce

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **steak** and cook until lightly charred and medium-rare, 2–3 minutes per side (or longer for desired doneness). Transfer to cutting board.

Reduce heat to medium; add **¼ teaspoon granulated garlic**, **2 tablespoons butter**, and **½ teaspoon flour**. Cook, stirring, until fragrant, about 30 seconds.

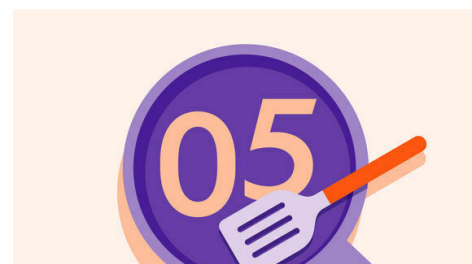


### 2. Prep ingredients

While **potatoes** cook, preheat broiler with a rack in the upper third.

Cut **carrot** into ¼-inch thick matchsticks (about 2 inches long). Trim or snap ends from **green beans**.

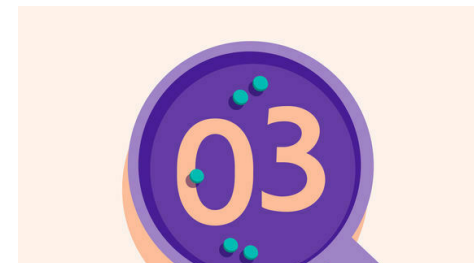
Pat **steaks** dry; rub with **steak seasoning**.



### 5. Finish pan sauce & serve

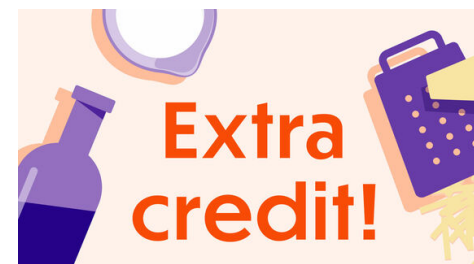
To skillet with **butter**, stir in **3 tablespoons water**; cook, stirring and scraping up any browned bits from bottom of skillet, until thickened, about 30 seconds. Off heat, stir in **any steak resting juices** from cutting board. Thinly slice **steak**, if desired.

Serve **steak** with **mashed potatoes**, **carrots**, and **green beans** alongside. Spoon **pan sauce** over top. Enjoy!



### 3. Broil beans & carrots

On a rimmed baking sheet, toss **green beans** and **carrots** with **2 tablespoons oil**; season with **salt** and **pepper**. Broil on upper over rack until tender and browned, 8–10 minutes. Remove from oven; toss with **¼ teaspoon granulated garlic** directly on baking sheet.



### 6. Steak tip!

If you think your steak is thicker than usual and the steak seasoning is burning too quickly, finish it off in the oven! Transfer the steak to an ovenproof skillet or baking sheet. Roast at 400°F until medium-rare or your desired doneness.