

# MARLEY SPOON



## Pan-Roasted Steak & Mustard Sauce

with Sweet Potato Mash & Green Beans



20-30min



2 Servings

There's no need to go to your local bistro when you can make this classic American comfort food at home! Here we sear tender sirloin steak in a hot skillet to create a tasty browned crust and serve it alongside sweet potato mash and crisp roasted green beans. A quick pan sauce made with fresh rosemary, garlic, and mustard spooned over top ties it all together—watch those plates clean themselves!



## What we send

- 1 sweet potato
- garlic
- ½ lb green beans
- 10 oz pkg sirloin steaks
- ¼ oz fresh rosemary
- ¼ oz Dijon mustard
- 1½ oz pkt Worcestershire sauce <sup>4</sup>

## What you need

- kosher salt & ground pepper
- neutral oil
- butter <sup>7</sup>
- ¼ c milk <sup>7</sup>

## Tools

- medium saucepan
- rimmed baking sheet
- medium skillet

## Allergens

Fish (4), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 570kcal, Fat 37g, Carbs 35g, Protein 26g



### 1. Boil sweet potatoes

Preheat broiler with a rack 6 inches from heat. Peel **sweet potato**; cut into 1-inch pieces. Place in a medium saucepan along with **1 whole garlic clove** and enough **salted** water to cover by 1 inch. Cover and bring to a boil. Uncover and cook until potatoes are tender when pierced with a fork, about 8 minutes. Drain potatoes and return to saucepan off heat; cover to keep warm until step 5.



### 4. Make pan sauce

Immediately add **1 whole garlic clove**, **1 rosemary sprig**, and **¼ cup water** to skillet, scraping up any browned bits. Whisk in **1½ teaspoons each of Dijon and worcestershire** until smooth. Cook over medium-high, stirring, until sauce is thickened and coats back of a spoon, 2-3 minutes. Stir in **1 tablespoon butter** until melted. Season pan sauce to taste with **salt** and **pepper**.



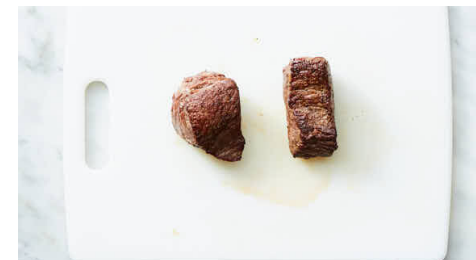
### 2. Broil green beans

Trim stem ends from **green beans**. On a rimmed baking sheet, toss **green beans** with **1 tablespoon oil**; season with **salt** and **pepper**. Broil on upper oven rack until green beans are tender and charred, 4-8 minutes (watch closely as broilers vary).



### 5. Mash sweet potatoes

Warm **sweet potatoes**, if necessary. Add **¼ cup milk** and **2 tablespoons butter**; mash with a fork until smooth and creamy (add more butter and milk, if desired). Season to taste with **salt** and **pepper**.



### 3. Cook steaks

Pat **steaks** dry, then season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium skillet over high. Add **steaks** and cook until well browned and medium-rare, 3-4 minutes per side (or longer for desired doneness). Transfer steaks to a cutting board to rest. Return skillet to stovetop and reduce heat to medium-low.



### 6. Finish & serve

Thinly slice **steaks**, if desired. Serve **steak** with **pan sauce** spooned over top and **sweet potato mash** and **green beans** alongside. Enjoy!