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 butterey pan sauce. We've got you covered!

WHAT WE SEND

- · 2 potatoes
- 1/4 oz granulated garlic
- 1 bag carrots
- 1/2 lb green beans
- ½ lb pkg sirloin steak
- ¼ oz steak seasoning

WHAT YOU NEED

- kosher salt & ground pepper
- 4 Tbsp butter¹
- · ¼ cup milk 1
- olive oil
- all-purpose flour (or gluten-free alternative)

TOOLS

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

ALLERGENS

Milk (1). 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 ½ cup milk. Mash
with a potato masher or fork and season
to taste; cover to keep warm.



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.



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 ½ teaspoon granulated garlic directly on baking sheet.



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.



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!



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.