

Seared Provençal Steak

with Three-Bean Salad



Herbes de Provence is floral, earthy blend of flavors from the south of France. Its signature aroma comes from dried lavender, an unexpectedly delicious addition to steak and other grilled meats. We've brightened up the traditional three-bean salad with perfectly crisp-tender beans and a light shallot vinaigrette.

















Sirloin Steak



Herbes de Provence



Tomato







Green Beans



Wax Beans







White Wine Vinegar

Ingredients	2 People	4 People
Sirloin Steak	12 oz	24 oz
Herbes de Provence	1 t	2 t
Shallot	1	2
Tomato	1	2
Parsley	1 bunch	2 bunches
Green Beans	4 oz	2 oz
Wax Beans	2 oz	4 oz
Cannellini Beans	1 can	2 cans
White Wine Vinegar	2 T	4 T
Olive Oil*	2 ½ T	5 T

*Not Included

Allergens
(None)

Tools

Medium Pot, Strainer,

Medium Bowl, Slotted Spoon, Whisk, Small Bowl,

Medium Pan

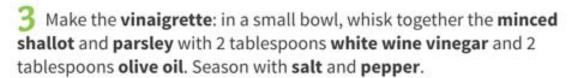
Nutrition per person Calories: 599 cal | Carbs: 39 g | Fat: 25 g | Protein: 52 g | Fiber: 13 g



Remove the **steak** from the refrigerator and allow to come to room temperature. Bring a medium pot of **water** to a boil with a large pinch of **salt**. Halve, seed, and chop the **tomato**. Mince the **shallot** and **parsley**. Trim and halve the **green beans** and **wax beans**. Drain and rinse the **cannellini beans**.



2 Blanch and shock the **beans**: fill a medium bowl with **ice water**. Add the **green beans** and **wax beans** to the **boiling water** and cook for about 3 minutes, until crisp-tender. Remove from water with a slotted spoon and transfer to the ice water to shock them.





- 4 Drain the green beans and wax beans from the ice water and discard the water. In the same bowl, toss the green beans, wax beans, cannellini beans, and the tomato with the vinaigrette. Season with salt and pepper and set aside to marinate.
- 5 Heat ½ tablespoon olive oil in a medium pan over mediumhigh heat. Season the steak on all sides with salt, pepper, and the herbes de Provence. Sear the steak 5-7 minutes per side, until cooked to desired doneness. Set aside for 5 minutes to rest. HINT: This would be a great time to get a head start on cleanup!



- 6 Thinly slice the **steak** against the grain, then serve alongside the **three-bean salad**. Enjoy! (For more tips on cooking the perfect steak, visit: **Blog.HelloFresh.com**)
- Blanching and shocking veggies helps maintain vibrant color and crunch! Blanching is briefly cooking veggies in boiling water. Shocking is rapidly stopping the cooking process with a plunge in ice-water.