



Cooking Made Easy

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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.

- 30 min
- level 1
- nut free
- lactose free
- gluten free



Sirloin Steak



Herbes de Provence



Tomato



Shallot



Parsley



Green Beans



Wax Beans



Cannellini 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

Ruler

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



1 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.



3 Make the **vinaigrette**: in a small bowl, whisk together the **minced shallot** and **parsley** with 2 tablespoons **white wine vinegar** and 2 tablespoons **olive oil**. Season with **salt** and **pepper**.



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 medium-high 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](https://www.hellofresh.com/blog))

Tip 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.