



In your box

- 1 Shallot
- 12 oz. Yukon Potatoes
- 8 oz. Green Beans
- 2 Sirloin Steaks
- 4 fl. oz. Light Cream
- ½ oz. Shaved Parmesan
- 4 tsp. Beef Demi-Glace
- .3 oz. Butter



Parisian Bistro Steak

with dauphinoise potatoes and green beans

NUTRITION per serving—Calories: 669, Carbohydrates: 50g, Fat: 33g, Protein: 45g, Sodium: 1742mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
45-55 min.

Cook Within
6 days

Difficulty Level ● ● ● ● ●
Intermediate

Spice Level ● ● ● ● ●
Not Spicy

📌 You will need

Olive Oil, Salt, Pepper, Cooking Spray
Baking Sheet, Small Oven-Safe Casserole Dish,
Medium Pot, Colander, Medium Non-Stick Pan

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- Preheat oven to **450 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil
- Prepare a small casserole dish with cooking spray
- Ingredient(s) used more than once: **shallot**



1

Prepare the Ingredients

- Slice **potatoes** into thin rounds.
- Bring a medium pot with potatoes and enough **lightly salted water** to cover to a boil. Reduce to a simmer and cook until softened, 10-12 minutes.
- While potatoes cook, peel and mince **shallot**.
- Trim ends off **green beans**.
- Pat **steaks** dry, and season both sides with ½ tsp. **salt** and a pinch of **pepper**.



2

Make the Dauphinoise Potatoes

- Strain softened **potato slices** in a colander and return to pot.
- Add **cream**, half the **shallot** (reserve remaining for sauce), half the **Parmesan**, ½ tsp. **salt**, and ¼ tsp. **pepper** and stir gently.
- Transfer potatoes to prepared casserole dish. *You may also use a small oven-safe pan.* Top with remaining Parmesan and place on prepared baking sheet to catch any drips.
- Bake in hot oven until cheese browns, 15-18 minutes.
- While potatoes bake, cook steaks.



3

Cook the Steaks

- Place a medium non-stick pan over medium heat. Add 2 tsp. **olive oil** and **steaks** to hot pan and cook until steaks reach a minimum internal temperature of 145 degrees, 5-7 minutes per side
- Remove steaks to a plate, rest at least 5 minutes, and tent with foil. *Resting cooked meats before serving makes for juicier results.*
- Wipe pan clean and reserve.



4

Cook the Green Beans

- Return pan used to cook steaks to medium-high heat and add 1 tsp. **olive oil** and **green beans**, and cook, 1 minute.
- Add ¼ cup **water** and a pinch of **salt** and **pepper**. Cover, and cook until tender, 4-6 minutes.
- Remove green beans to a plate.
- Wipe pan clean and reserve.



5

Make the Sauce

- Return pan used to cook green beans to medium heat. Add 1 tsp. **olive oil** and remaining **shallot** to hot pan. Cook until fragrant, 30 seconds.
- Add **demi-glace** and ⅓ cup **water**. Bring to a simmer and cook until just thick enough to coat the back of a spoon, 2-3 minutes.
- Remove from burner and swirl in **butter**. *For a smoother texture, strain sauce through a wire-mesh strainer.*
- Plate dish as pictured on front of card, drizzling sauce over **steaks**. Bon appétit!