



NUTRITION *per serving* 85g carbohydrates 34g fat 58g protein 783mg sodium | low-calorie, gluten-free, soy-free, shellfish-free, nut-free

 Calories
575

 Prep & Cook Time
40-50 min.

 Cook Within
6 days

 Difficulty
Easy

 Spice Level
Not Spicy

IN YOUR BOX

- .9 oz. Butter
- 3 oz. Kale
- 1 Yellow Onion
- 1 Red Bell Pepper
- 14 oz. Sweet Potato
- 1 Russet Potato
- 3 Parsley Sprigs
- 2 Garlic Cloves
- 2 Thyme Sprigs
- 5 Chives
- 2 Flat Iron Steaks

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- 2 Medium Non-Stick Pans
- Small Bowl

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HOME CHEF

Flat Iron Steak and Fines Herbes Butter

with garlic, potato, and red pepper hash

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Set **butter** on counter to soften
- Thoroughly rinse produce and pat dry

WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- **Heads Up!** **Garlic** is used twice. Half is added to **hash** and remaining is added to **butter**.
- If **butter** feels too soft, pop it back in the fridge for a few minutes before serving.
- **Heads Up!** **Chives** are used twice. **Minced chives** are added to butter, and **whole chives** garnish dish.

FROM THE CHEF

Resting cooked steaks before serving allows juices to redistribute, meaning a more flavorful and tender steak for you!

Did you know...

We've adapted classic French *fines herbes* (pronounced *feenz herbs*) to flavor this butter. Traditionally, it's a combination of minced parsley, chives, tarragon, and chervil. We love the aroma of fresh thyme in addition to parsley and chives for this version.



1

Prepare the Ingredients

Stem **kale** and coarsely chop. Halve and peel **onion**. Cut halves into ¼” dice. Stem, seed, and cut **red bell pepper** into ½” dice. Cut **sweet potato** and **russet potato** into ½” dice. Stem and mince **parsley**. Mince **garlic**. Stem and mince **thyme**. Mince **chives** (reserve a few long pieces for garnish). Rinse **steaks**, pat dry, and season both sides with ½ tsp. **salt** and ¼ tsp. **pepper**.



4

Make the Fines Herbes Butter

Mix softened **butter**, **parsley**, **thyme**, **minced chives**, and remaining **garlic** in a small bowl. Season with a pinch of **salt and pepper**.



2

Make the Hash

Place a medium non-stick pan over medium-high heat. Add 2 tsp. **olive oil** and **half the garlic** (reserve remaining for butter) to hot pan and cook 30 seconds, or until fragrant. Add **onions**, **red bell pepper**, **sweet potato**, **russet potato**, and 2 Tbsp. **water** and stir to combine. Season with a pinch of **salt and pepper**, cover, and cook 15 minutes, stirring occasionally, or until potatoes are fork tender. Uncover during last 2-3 minutes to cook off excess moisture. Add **kale** and cook 3 more minutes, or until wilted. Season with a pinch of **salt and pepper**.



5

Plate the Dish

Place a portion of **red pepper and potato hash** on a plate. Serve **steak** next to hash and top with a dollop of **fines herbes butter**. Garnish with reserved **whole chives**.



3

Cook the Steaks

While hash cooks, heat 1 tsp. **olive oil** in a medium non-stick pan over medium-high heat. Place **steaks** in hot pan and cook 4-6 minutes per side, or until steaks reach a minimum internal temperature of 145 degrees. Remove steaks to a plate and let rest 5 minutes before serving.