

Flat Iron Steaks

with Mashed Purple Potatoes & Summer Vegetables

Steak and potatoes never looked—or tasted—so good. In this gourmet dish, we're pan-searing juicy flat iron steaks to give them a browned, savory exterior. They pair effortlessly with beautiful purple potatoes (which owe their color to subtly fruity antioxidants), mashed together with butter and piquant scallions. And to complete the meal, we're adding a second gorgeous side: summery green beans, sautéed with cherry tomatoes and finished in a tarragon-butter reduction.



Ingredients

- 2 Flat Iron Steaks
- 10 Ounces Purple Potatoes
- 2 Cloves Garlic
- 2 Scallions
- 2 Ounces Cherry Tomatoes
- ½ Pound Green Beans
- 1 Bunch Tarragon

Knick Knacks

- 4 Tablespoons Butter
- 1 Tablespoon Red Wine Vinegar

Makes 2 Servings

About 640 Calories Per Serving

Cooking Time: 35 to 45 minutes



1



Prepare the ingredients:

Wash and dry the fresh produce. Heat a small pot of salted water to boiling on high. Large dice the potatoes. Peel and thinly slice the garlic. Cut off and discard the root ends of the scallions; thinly slice the scallions, separating the white bottoms and green tops. Trim off and discard the stem ends of the green beans. Halve the tomatoes. Pick the tarragon leaves off the stems; discard the stems.

2



Cook & mash the potatoes:

Add the **potatoes** to the pot of boiling water. Cook 10 to 12 minutes, or until tender when pierced with a fork. Drain thoroughly and return to the pot. Off the heat, add **half the butter**. Using a fork, mash the cooked potatoes to your desired consistency. Stir in the **white bottoms of the scallions**; season with salt and pepper to taste. Cover and set aside in a warm place.

3



Cook the steaks:

While the potatoes cook, pat the **steaks** dry with paper towels; season with salt and pepper on both sides. In a large pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned steaks and cook 2 to 4 minutes per side for medium-rare, or until cooked to your desired degree of doneness. Transfer to a cutting board, leaving any browned bits (or fond) in the pan. Let the cooked steaks rest for at least 5 minutes.

4



Start the vegetables:

While the steaks rest, heat the pan of reserved fond on medium-high until hot. (If the pan seems dry, add 2 teaspoons of olive oil.) Add the **green beans**; season with salt and pepper. Cook, stirring occasionally, 2 to 4 minutes, or until slightly softened. Add the **garlic** and **tomatoes**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until the tomatoes have softened slightly.

5



Finish the vegetables:

Add the **vinegar** and $\frac{1}{3}$ cup of **water** to the pan of vegetables; season with salt and pepper. Cook, stirring occasionally, 2 to 4 minutes, or until the liquid has evaporated and the green beans have softened. Add the **tarragon** and **remaining butter**. Cook, stirring occasionally, 1 to 2 minutes, or until thoroughly combined. Remove from heat and season with salt and pepper to taste.

6



Finish & plate your dish:

Find the lines of muscle (or grain) of the rested steaks; thinly slice against the grain. Add any juices from the cutting board to the finished vegetables; stir to combine. Divide the **sliced steaks**, **mashed potatoes** and **finished vegetables** between 2 plates. Garnish with the **green tops of the scallions**. Enjoy!