

Seared Hanger Steak

with Rosemary Fingerling Potatoes & Green Bean Salad

Prized for its flavor, hanger steak is the choice cut of beef for those in the know. It has even earned the nickname “butcher’s steak” because butchers would often reserve it for themselves rather than offering it for sale. In this dish, we highlight the hanger steak’s incredible flavor by serving it alongside jewel-like potatoes and a crisp green bean salad.



Ingredients

- 6 Ounces Fingerling Potatoes
- 6 Ounces Green Beans
- 1 Shallot
- 1 Small Bunch Rosemary
- 1 Small Bunch Tarragon
- 1 Lemon
- 1 Tablespoon Dijon Mustard
- 2 Hanger Steaks



Makes 2 Servings
About 510 Calories Per Serving



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Recipe #1

Instructions



1 Prepare your ingredients:

Heat a medium pot of salted water to boiling on high. Wash and dry the fresh produce. Cut the potatoes in half. Trim the stems off the green beans. Peel and thinly slice shallot. Pick the rosemary and tarragon leaves off the stems and finely chop the leaves.



2 Cook the green beans:

Add the **green beans** to the boiling water. Cook 2 to 3 minutes, or until bright green. Drain and rinse under cold water. Transfer the green beans to a medium bowl.



3 Make the green bean salad:

Add the **shallot** (you don't have to use all of it, depending on your taste), **tarragon**, **Dijon mustard**, the **juice of half the lemon**, and a **drizzle of olive oil** to the green beans. Toss to combine and season with salt and pepper to taste.



4 Cook the steaks & potatoes:

In a medium bowl, combine the **potatoes**, **rosemary**, and a **drizzle of olive oil**. Season with plenty of salt and pepper and toss to coat. In a large pan, heat some olive oil on medium-high until hot. Pat the **hanger steaks** dry with paper towels and season them with salt and pepper. Add steaks and **potatoes** to the hot pan. Cook the steaks 5 to 7 minutes per side for medium-rare, or until they reach your desired doneness. Transfer to a plate to rest for at least 5 minutes.



5 Finish cooking the potatoes:

Reduce the heat to medium and cook the potatoes an additional 2 to 4 minutes, or until tender when pierced with a fork, stirring occasionally.



6 Plate your dish:

Place each steak on a plate and arrange the potatoes and green bean salad around each. Squeeze a little lemon juice on the steak before eating. Serve with lemon wedges. Enjoy!