

Steaks & Roasted Potatoes

with Sautéed Long Beans & Tomato

Not much can compare to a wholesome, classic steak dinner. In this recipe, we're taking that experience (sides and all) and adding special, seasonal flare. You'll serve juicy bavette steaks with roasted potatoes and a summery sauté of toasted garlic, tomato and long beans. Though they may look ungainly, these long, tropical beans are wonderfully tender and flavorful. Like most things, we think they're best served alongside a tasty, juicy steak.



Ingredients

2 Bavette Steaks

3 Ounces Long Beans

4 Cloves Garlic

1 Pound Russet Potatoes

1 Tomato

1 Bunch Thyme

Makes 2 Servings

About 630 Calories Per Serving

Prep Time: 10 min | Cook Time: 20 to 30 min



1



Prepare the ingredients:

Preheat the oven to 475°F. Wash and dry the fresh produce. Trim off and discard both ends of the long beans; cut the beans into 6-inch pieces. Peel the garlic cloves; smash with the side of your knife to flatten. Pick the thyme leaves off the stems; discard the stems and roughly chop the leaves. Large dice the tomato. Peel and medium dice the potatoes.

2



Roast the potatoes:

Place the **potatoes** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange the seasoned potatoes in a single, even layer and roast in the oven 22 to 24 minutes, or until browned and tender when pierced with a knife. Remove from the oven and set aside in a warm place.

3



Cook the steaks:

While the potatoes roast, 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 until hot. Add the seasoned steaks and cook, loosely covering the pan with aluminum foil, 3 to 5 minutes per side for medium, or until they reach your desired degree of doneness. Transfer the cooked steaks to a plate, leaving any drippings and browned bits (or fond) in the pan. Let the cooked steaks rest for at least 5 minutes.

4



Toast the garlic:

While the steaks rest, add 2 teaspoons of olive oil to the pan of reserved fond. Heat on medium until hot. Add the **smashed garlic cloves** and cook, occasionally tilting the pan to coat the garlic cloves in oil, 1 to 2 minutes, or until golden and fragrant.

5



Add the vegetables:

Add the **long beans, tomato, half the thyme** and **any juices from the plate of resting steaks** to the pan of toasted garlic. Season with salt and pepper. Cook, stirring occasionally, 9 to 11 minutes, or until the vegetables have softened and the liquid has thickened. Remove from heat and season with salt and pepper to taste.

6



Plate your dish:

Divide the **cooked vegetables, roasted potatoes** and **rested steaks** between 2 plates. Garnish with the **remaining thyme**. Enjoy!