



*Look for regular rotations to the menu for new and seasonal meal choices.*

Met Meal Kits are made in our kitchen with the freshest ingredients for a fun and easy way to prepare dinner. We've developed meals that are ready in about 15-30 minutes to help accommodate your busy schedule.

We've included everything you need, no need to pull anything from your pantry, and you won't have to worry about wasting any food or ingredients.

Met Meal Kits are ready in a few simple steps, and our chefs have included a few helpful tips and fun facts along the way.


### DID YOU KNOW?

*Our flat iron is cut from naturally raised USDA choice beef.*

*Smashed potatoes are a fun alternative to mashed potatoes or fries. The smashed potato gets lots of crispy edges and the method creates a wonderful textural contrast to the soft interior.*

**INGREDIENTS:** Beef Flat Iron Steak, Red Potato, Lemon, Green Beans, Golden Tomatoes, Fresh Mint, Sea Salt, Black Pepper, Unrefined Sea Salt

**ALLERGENS:** none

 At Metropolitan Market, we know there's a lot of packaging in meal kits, and we are always working towards more sustainable practices. Most of the packaging used is either recyclable or compostable.

metropolitanmarket 



*All ingredients included!*

See details on back of package.

# FLAT IRON STEAK & SMASHED POTATOES

JUICY FLAT IRON STEAK SERVED WITH CRISPY RED SKIN SMASHED POTATOES AND GREEN BEANS, TOPPED WITH SWEET CHERRY TOMATOES AND FRESH SPEARMINT

**SERVES 2 | STEAKHOUSE FAVORITE**



### TOOLS YOU'LL NEED:

- Non-stick medium skillet
- Sheet pan
- Cutting board
- Clean mason jar or coffee mug
- Spatula
- Chef's knife
- Tongs

**KEEP REFRIGERATED**



### 1. PRE-ROAST POTATOES

- Preheat oven to 450° F before beginning.
- Line a sheet pan with provided **parchment paper**.
- Place **potatoes** on the sheet pan.
- Pour on a teaspoon of oil from the **tomato** container, sprinkle with pinch of the **salt + pepper**. Roll to evenly coat potatoes with oil and salt.
- Bake for 12 minutes in a preheated 450° F oven.



### 2. SLICE MINT + CUT LEMON

- Pick the **mint** leaves off the stem.
- Stack the leaves, roll and slice thinly. Set aside.
- Press and roll the **lemon** against a cutting board to loosen the juice, then cut the lemon in half at an angle. Use the tip of a knife to remove any visible seeds. Set aside.

**PRO TIP:** The technique of stacking, rolling, and slicing herb leaves is known as "chiffonade."



### 3. PREPARE INGREDIENTS

- While the potatoes are cooking, sprinkle the remaining **salt + pepper** on both sides of the **flat iron steak**.
- Pour another teaspoon of oil from the **tomatoes** into the bag with the **green beans**, reseal the bag, and shake to combine.
- Pour remaining tomatoes into a medium bowl and set aside.



### 4. SMASH POTATOES + COOK BEANS

- Remove the potato pan from the oven, potatoes should be tender when pierced with a knife. Smash the potatoes on one side of the sheet pan using a potato masher, mason jar, or sturdy ceramic mug.
- Spread the beans out on the other half of the sheet pan, return the beans and potatoes to oven for about 5 minutes or until beans are tender.



### 5. COOK STEAK

- While the beans go in the oven, preheat a pan on high heat until hot.
- Pour half of the **olive oil** into pan and add the **steak**. Sear for 2-3 minutes on each side, to desired doneness.
- Remove the cooked steak from the skillet and place on the cutting board to rest before slicing.



### 6. DRESS THE GREEN BEANS WITH TOMATOES

- Remove roasting pan from oven
- Add green beans and chopped mint to cherry tomatoes in bowl and toss. Add a squeeze of lemon.



### 7. SLICE STEAK

- After the steak has rested, slice into about 8 slices per steak.

**PRO TIP:** Allowing the steak to rest will result in it retaining more juice after slicing.

**CHEF'S HACK:** For more tender beef, cut thin slices against the grain.



### 8. PLATE + GARNISH

- Use the spatula to place the potatoes on 2 plates.
- Place the beans next to the potatoes.
- Lay the sliced steak against the vegetables, add a squeeze of lemon, and sprinkle with the flaky French 'fleur de sel' salt.

**PRO TIP:** Cook to 135° F for medium-rare.