




Seared Steak & Garlic Butter

with Oven Fried Brussels Sprouts

 30-40min  2 Servings

Winner, winner, seared steak dinner! Meaty sirloin steaks are grilled and fancified with a quick and easy garlic butter. But you might be surprised to find that the oven fried Brussels sprouts and onion are the crispy and delicious stars of this show! Note that the vegetables won't be completely coated in the panko, but make sure to sprinkle any that remains over the veggies to use it all up! C...

What we send

- red onion
- garlic
- brussels sprouts
- sirloin steak

What you need

- 1 large egg ³
- coarse kosher salt
- freshly ground pepper
- olive oil

Tools

- medium skillet
- rimmed baking sheet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Egg (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Energy 748.0kcal, Fat 51.5g, Proteins 43.5g, Carbs 30.2g



1. Prep ingredients

Preheat oven to 425°F. Lightly oil a rimmed baking sheet. Grate **Parmesan**. Trim ends from **Brussels sprouts**, then cut in half. Trim ends from **onion**, then halve, peel, and slice into ½-inch wedges through the core.



4. Roast vegetables

Drizzle **Brussels sprouts** and **onion** with **1 tablespoon oil** and roast in the oven until tender and golden brown, stirring halfway through, 20-25 minutes.



2. Prepare breading

Beat **1 egg** with **2 tablespoons oil** in a medium bowl; season with **salt** and **pepper**. Place **panko** in a separate medium bowl and toss with **Parmesan**, **½ teaspoon salt**, and **a few grinds pepper**.



5. Cook steaks

Heat **1 tablespoon oil** in a medium skillet over medium-high. Season **steaks** all over with **salt** and **pepper** and cook, turning once, until deeply browned, 2-3 minutes per side for medium rare. (Thicker steaks may require a few more minutes of cooking.) Transfer to a plate and let rest 5 minutes.



3. Bread vegetables

Coat **Brussels sprouts** in **egg** then remove, letting excess egg drip back into the bowl. Place in bowl with **panko** and toss to coat. Transfer to the prepared baking sheet. Repeat the same breading process with **onion** and transfer to the baking sheet. (It's ok if vegetables aren't fully coated!) Sprinkle **any remaining panko breading** over the veggies.



6. Make garlic butter

Peel and grate **1 small clove garlic**; transfer **grated garlic** to a small bowl. Add **butter** and **¼ teaspoon coarsely ground pepper**, and stir until combined. Serve **steaks** dolloped with **garlic butter** and **crispy Brussels** and **onions** alongside. Enjoy!