

SKU1741 hero2

Garlic Butter-Basted Steaks

with Spiced Veggies & Pan Sauce



30-40min



2 Servings

A simple technique that will make you a hero in the kitchen—butter-basting. A total game-changer. The steaks are seared in a hot skillet, and just before the steaks are finished, crushed garlic and a dollop of butter are added to the pan and spooned over the meat, infusing it with garlic-butter goodness. Cook, relax, and enjoy!

What we send

- sirloin steaks
- Brussels sprouts
- red onion
- carrots
- harissa spice blend
- garlic

What you need

- 1 tablespoon butter ⁷
- kosher salt & ground pepper
- olive oil
- white wine vinegar ¹⁷

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

Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

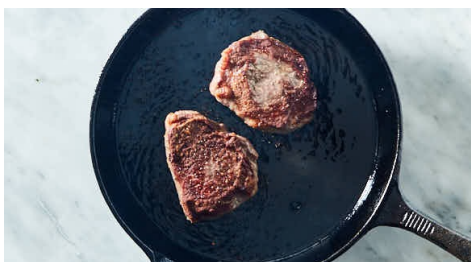
Nutrition per serving

Calories 610.0kcal, Fat 43.0g, Proteins 32.0g, Carbs 29.0g



1. Prep ingredients

Preheat oven to 450°F with a rack in the center position. Place a rimmed baking sheet on the center rack to preheat. Halve **Brussels sprouts**. Halve, peel and thinly slice all of the **onion**. Scrub **carrots** and cut on an angle into ½-inch slices (no need to peel).



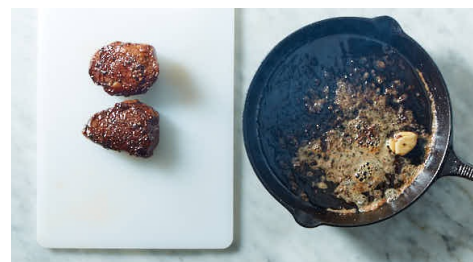
4. Sear steaks

Heat **2 teaspoons oil** in a medium, heavy skillet (preferably cast-iron) over medium-high. Pat **steaks** dry and season all over with **salt** and **pepper**. Add steaks to skillet, and cook until lightly charred and cooked to medium-rare, 3-4 minutes per side.



2. Roast veggies

In a large bowl, toss **Brussels sprouts**, **onions**, and **carrots** with **harissa spice blend**, **2 tablespoons oil**, and **½ teaspoon salt**. Transfer to preheated baking sheet and spread into a single layer. Roast on the center oven rack until tender and browned, 15-20 minutes.



5. Baste steaks

Add **smashed garlic**, **1 tablespoon butter**, and **½ tablespoon oil** to skillet with **steaks** and cook, stirring, until melted. Tilt skillet towards you so the **butter** pools at the edge. Use a large spoon to baste the steaks continually with butter and oil until they turn deep golden brown, about 1 minute more. Transfer to a board to rest.



3. Prep garlic & pan sauce

Meanwhile, smash and peel **1 large garlic clove**. In a measuring cup, combine **tamari**, **¼ cup water**, and **2 tablespoons vinegar**.



6. Finish pan sauce & serve

Add **tamari-vinegar** mixture to the skillet and simmer until reduced to ¼ cup, 3-5 minutes. Discard **garlic**, stir in any **steak juices**, and season to taste with **salt** and **pepper**. Thinly slice **steaks**, if desired. Serve **steak** with **roasted vegetables** and drizzle **pan sauce** all over. Enjoy!