





Seared Sirloin Steaks

with Green Beans and Garlicky Rolls

 20-30min  4 Servings

You can't go wrong with a seared sirloin steak with a side of crisp-tender veggies. This particular version is destined to become a classic in your house thanks to the garlicky pan sauce that douses the steaks. Use the toasted whole wheat roll to sop up all of the saucy goodness with each bite. Cook, relax, and enjoy!

What we send

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What you need

Tools

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

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

Nutrition per serving

Calories 537kcal, Fat 31g, Carbs 28g, Proteins 35g



1. Prep steaks

Pat **steaks** dry and transfer to a plate to rest at room temperature. Bring a large saucepan of **salted water** to a boil.



4. Brown steaks

Season **steaks** with **1 teaspoon each salt and pepper**. Sprinkle with **2 teaspoons flour**. Heat **1 tablespoon oil** in a large heavy skillet, preferably cast-iron, over medium-high until shimmering. Add **steaks**, in batches if necessary. Cook until browned and medium-rare, 3-4 minutes per side. Transfer to cutting board.



2. Prep ingredients

Peel **3 large cloves garlic**; finely chop 2 cloves (about 1 tablespoon chopped garlic); keep the 3rd clove whole. Whisk **turkey broth concentrate** into **1 cup water**. Trim stem ends from **green beans**. Cut **rolls** in half crosswise. Brush cut-sides with **oil**; place on a rimmed baking sheet.



5. Make pan sauce

Add **chopped garlic** to skillet. Cook, stirring frequently, until garlic is fragrant, about 30 seconds. Add **vinegar** and **turkey broth**. Cook, stirring frequently until **sauce** has reduced by $\frac{2}{3}$, 4-6 minutes. Remove skillet from heat. Whisk in **butter**, 1 pat at time. Season to taste with **salt and pepper**.



3. Cook green beans





Add **green beans** to boiling water, and cook until crisp-tender, about 5 minutes. Drain well. Transfer to a medium bowl and toss with **1 teaspoon olive oil** and a **pinch each salt and pepper**. Preheat broiler, positioning top rack 6 inches from heat source.



6. Toast rolls & serve

Broil **rolls** until browned and crisp, 1-2 minutes (watch closely). Remove from oven. Rub toasted sides with **whole garlic clove**. Slice **steak** against the grain, transfer to plates, and spoon **sauce** over top. Serve with **green beans** and **rolls** alongside. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

View the recipe online by visiting your account at marleyspoon.com     **#marthaandmarleyspoon**