





LOW CARB

LOW CALORIE

Grilled Steak

with Tomato-Ciabatta Panzanella Salad

 20-30min  2 Servings

If you don't have a grill or grill pan, preheat the broiler with the top rack 6 inches from the heat source. Place ciabatta directly on the oven rack and toast until lightly charred, 1-3 minutes per side (watch closely, as broilers vary). Heat 1 tablespoon oil in a large skillet over medium-high, add steaks and cook until well browned and medium-rare, 4-6 minutes per side.

What we send

- ciabatta roll 1,⁶
- grape tomatoes
- garlic
- harissa spice blend
- sirloin steaks
- shallot
- fresh parsley

What you need

- kosher salt & ground pepper
- olive oil
- red wine vinegar

Tools

Allergens

Wheat (1), Soy (6). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

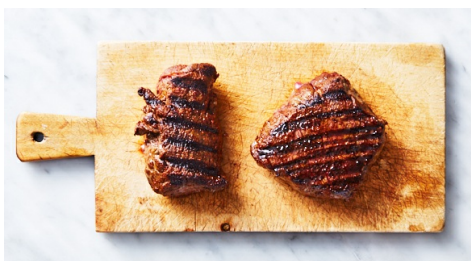
Nutrition per serving

Calories 530kcal, Fat 29g, Carbs 32g, Proteins 40g



1. Prep ingredients

Halve **half of the tomatoes** lengthwise. Peel **2 large garlic cloves**; finely chop 1 clove, leaving the 2nd clove whole. Peel and thinly slice **half of the shallot**. Pick **parsley leaves** from **stems**; keep leaves whole and thinly slice stems.



4. Grill steaks

Preheat grill or grill pan to high. Pat **steaks** dry. Rub with **oil** and sprinkle all over with **salt** and **1 ½ teaspoons of the harissa spice**. Add steaks to grill or grill pan and cook until well browned and medium-rare, 3-5 minutes per side. Transfer to a cutting board to rest until ready to serve.



2. Marinate tomatoes

In a medium bowl, combine **tomatoes, parsley stems, chopped garlic, sliced shallots, 1 tablespoon vinegar, 2 tablespoons oil**. Season with **salt** and **several grinds of pepper**. Set aside to marinate until step 6.



5. Grill ciabatta

Place **sliced ciabatta** on grill or grill pan and cook until lightly charred and crisp, 1-3 minutes per side (watch closely). Remove from grill and rub on one side with **whole garlic clove**. Tear ciabatta into 2-inch pieces.



3. Prep ciabatta




Cut **ciabatta** in half crosswise to make four pieces. Brush with **olive oil** on both sides and season with **salt** and **pepper**.



6. Finish & serve

Add **ciabatta cubes** and **whole parsley leaves** to the bowl with **marinated tomatoes**; toss to combine. Season to taste with **salt** and **pepper**. Thinly slice **steaks** and serve alongside **panzanella salad**. 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**