

Fs sku1669 hero

Spiced Garlic-Butter Steak

with Roasted Parsnips & Green Beans



20-30min



2 Servings

Winner, winner, seared steak dinner! Meaty steaks are grilled and fancied with a quick and easy harissa-spiced garlic butter. But you might be surprised to find that the oven-roasted green beans and parsnips are the crispy and delicious stars of this show! A squeeze of lemon over the top lifts all of the succulent flavors. Cook, relax, and enjoy!

What we send

- butter pats ⁷
- sirloin steaks
- green beans
- parsnips
- lemon
- garlic
- harissa spice blend
- shallot

What you need

- coarse kosher salt
- freshly ground pepper
- olive oil

Tools

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

Nutrition per serving

Calories 666kcal, Fat 47g, Carbs 31g, Proteins 35g



1. Prep vegetables

Preheat oven to 450 with a rack in the upper third. Trim ends from **parsnips**, peel, then cut into 1/4-inch wedges. Trim stem ends from **green beans**. Let butter come to room temperature.



2. Roast vegetables

Toss **green beans** and **parsnips** with **1½ tablespoons oil** and season with **salt** and **pepper** on a rimmed baking sheet and transfer to oven; roast until vegetables are tender and browned in spots, stirring halfway through, about 20 minutes. Remove from oven and cover to keep warm.



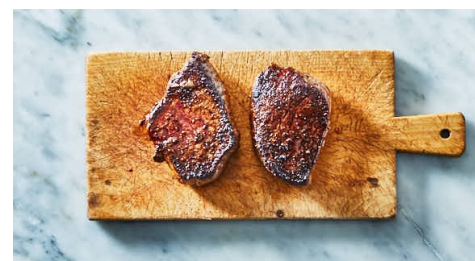
3. Prep ingredients

While vegetables cook, trim ends from **shallot**, then finely chop half, about ¼ cup (save rest for own use). Peel **1 large garlic clove**, and grate ½ teaspoon into a small bowl. Into same bowl, finely grate **all of the lemon zest** then squeeze in **1 teaspoon lemon juice**. Cut any remaining lemon into wedges.



4. Make garlic butter

Add **butter** to bowl with **garlic** and **lemon**, using a fork to mash together. Season to taste with **salt** and **pepper**. Pat **steaks** dry and pound to an even thickness, if necessary. Rub both sides lightly with **oil**, then season all over with **all of the harissa spice**, **½ teaspoon salt**, and **a few grinds pepper**.



5. Cook steaks

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **steaks** and cook until browned all over, 3-4 minutes per side for medium-rare. Transfer to a cutting board; let rest 5 minutes.



6. Finish & serve

Toss vegetables directly on the sheet pan with **chopped shallots** and **half of the garlic butter**. Top each **steak** with **remaining butter**, allowing butter to melt all over steak, creating a sauce. Very thinly slice **steak** across the grain and serve alongside **vegetables** with **lemon wedges** for squeezing over top. Enjoy!