

Fs sku1669 hero

## Spiced Garlic-Butter Steak

with Roasted Parsnips & Green Beans



20-30min



4 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 <sup>7</sup>
- shallot
- harissa spice blend
- garlic
- lemon
- flank steak
- parsnips
- green beans

## 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 460kcal, Fat 29g, Carbs 27g, Proteins 26g



### 1. Prep vegetables

Preheat oven to 450°F with a rack in the upper third. Trim ends from **parsnips**, peel, then cut lengthwise into ¼-inch wedges. Trim stem ends from **green beans**. Let **butter** come to room temperature.



### 2. Roast vegetables

On a rimmed baking sheet, toss **green beans** and **parsnips** with **2½ tablespoons oil** and season with **salt** and **pepper**. Roast in upper third of oven until vegetables are tender and browned in spots, stirring halfway through, about 20 minutes. Remove from oven and cover to keep warm.



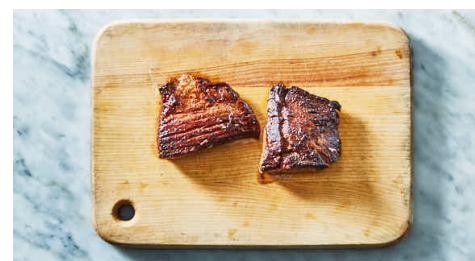
### 3. Prep ingredients

While vegetables cook, trim ends from **shallot**, then finely chop. Peel **1 large garlic clove**, then grate **1 teaspoon** into a small bowl. Into same bowl, finely grate **all of the lemon zest**, then squeeze in **2 teaspoons lemon juice**. Cut any remaining lemon into wedges.



### 4. Make garlic butter

Add **butter** to the bowl with lemon and garlic, using a fork to mash. 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 the **harissa spice**, **1 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, 4-6 minutes per side for medium-rare (or longer for thicker steaks). 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 **steaks** across the grain and serve alongside **vegetables** with **lemon wedges** for squeezing over top. Enjoy!