



Spice-Crusted Steak

with Frizzled Onion & Chopped Salad



30-40min



4 Servings

Sometimes all that's needed to elevate a steak is a simple spice rub, so we've used ground coriander to crust steaks before pan-searing. The crispy frizzled onions and chopped salad, which is topped with creamy goat cheese, are classic steakhouse sides that make this meal feel like a special night out. Cook, relax, and enjoy!

What we send

- ground coriander
- yellow onion
- green leaf lettuce
- cucumbers
- flank steak
- roasted red pepper

What you need

- all-purpose flour ¹
- coarse kosher salt
- freshly ground pepper
- red wine vinegar

Tools

- large skillet
- medium skillet

Allergens

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

Nutrition per serving

Calories 503kcal, Fat 34g, Carbs 21g, Proteins 28g



1. Prep ingredients

Peel **onion**, then thinly slice into rings. Finely chop **2 tablespoons of the onion**. Quarter **cucumber** lengthwise, then cut crosswise into ¼-inch pieces. Pat **peppers** dry, then roughly chop. Halve **lettuce** lengthwise, then cut crosswise into ½-inch pieces; discard end. Place **¼ cup flour** in a medium bowl and season generously with **salt** and **pepper**.



4. Cook steaks

Pat **steaks** dry, then pound to an even thickness, if necessary. Season all over with **coriander rub**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Cook steaks until well browned and medium-rare, 5-6 minutes per side. Reduce heat to medium if steaks are browning too quickly. Transfer to a cutting board to rest.



2. Marinate vegetables

In a large bowl, whisk together **2 tablespoons vinegar**, **¼ cup oil**, and a **pinch each salt and pepper**. Add **cucumbers, peppers, and chopped onions**; stir to combine. Set aside to marinate.



5. Fry onions

Heat **¼-inch oil** in a large skillet over medium-high until shimmering. Add **onions to flour mixture**, breaking up rings. Working in 2 batches, add onions to skillet and fry, stirring, until golden brown and crisp, 2-3 minutes per batch. Transfer to a paper-towel lined plate and season with **salt**.



3. Prepare rub

In a small bowl, combine **coriander** and **¾ teaspoon each salt and coarsely ground pepper**.



6. Finish & serve

Crumble **goat cheese** into **marinated vegetables**, then add **green leaf lettuce** and toss all together. Very thinly slice **steaks** across the grain. Serve **salad** topped with **steak** and **fizzled onions**. Enjoy!

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

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