



Seared Steak & Herb Salsa

with Roasted Potatoes & Carrots



30-40min



4 Servings

We took the whole 'meat and potatoes' concept to the next level, pairing seared steak with carrots and potatoes, using a Greek potato roasting technique that infuses the veggies with flavor. The final broiling step ensures a charred top layer for an extra boost of flavor and texture. Top it all off with a lemony herb salsa, creating the perfect balance of meaty goodness with a bright, flavorful...

What we send

- flank steak
- lemon
- garlic
- carrots
- russet potatoes
- beef broth concentrate
- fresh cilantro
- fresh parsley

What you need

- kosher salt & ground pepper
- olive oil

Tools

- 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

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

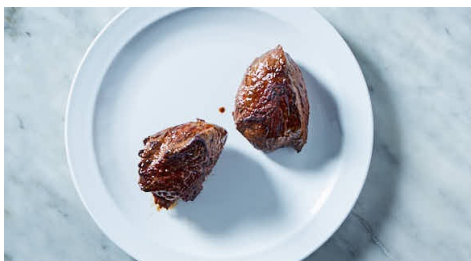
Nutrition per serving

Calories 570.0kcal, Fat 30.0g, Proteins 28.0g, Carbs 49.0g



1. Prep ingredients

Preheat oven to 450°F with the oven rack in the top position. Scrub **potatoes** and cut lengthwise into ½-inch sticks (no need to peel). Scrub **carrots**, cut in half crosswise, then cut into ¼-inch wedges (no need to peel). Combine **all of the beef broth concentrate** with **1 cup warm water** in a measuring cup or small bowl.



4. Cook steaks

Heat **1 tablespoon oil** in a large skillet, preferably cast-iron, over medium-high until very hot. Add **steaks**, and cook, turning once, until lightly charred, 4–6 minutes per side for medium-rare. Transfer to plates and let rest 5 minutes.



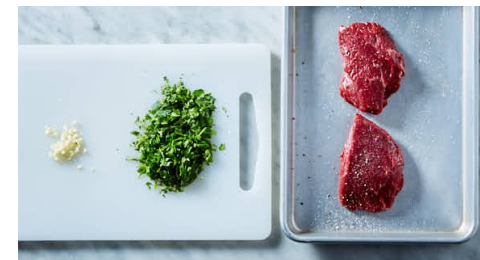
2. Roast potatoes & carrots

On a rimmed baking sheet, toss **potatoes** and **carrots** with **2 tablespoons oil**, **1 teaspoon salt**, and **a few grinds pepper**. Spread out evenly on baking sheet and pour **prepared beef broth** over top. Shake pan lightly to distribute broth evenly. Roast on the top oven rack until potatoes and carrots are tender, and broth is nearly evaporated, 15–20 minutes.



5. Make herb salsa

Meanwhile, in a medium bowl, combine **chopped herbs**, **garlic**, **2 tablespoons lemon juice** (save rest for own use), and **¼ cup oil**; season to taste with **salt** and **pepper**.



3. Prep herbs & steaks

Meanwhile, coarsely chop **parsley** and **cilantro stems and leaves** together. Peel and finely chop **1 teaspoon garlic**. Pat **steaks** dry and using a mallet or heavy skillet, pound to an even ¾-inch thickness, if necessary. Season steaks all over with **salt** and **pepper**.



6. Finish & serve

Switch oven to broil. Broil **vegetables** until slightly charred around the edges, about 5 minutes (watch closely as ovens vary). Very thinly slice steaks across the grain. Serve **steaks** with **potatoes** and **carrots** alongside. Pour any **accumulated juices** from cutting board over top and drizzle **herb salsa** all over. Enjoy!