

# DINNERLY

## Seared Steak

with Braised Parsnips and Apples



1h



2 Servings

## WHAT WE SEND

- ½ lb pkg sirloin steak
- 2 parsnips
- 1 oz dried cranberries
- 2 (½ oz) whole-grain mustard
- 1 oz maple syrup
- 1 apple
- 1 pkt beef broth concentrate
- ¼ oz fresh parsley
- 1 bunch Tuscan kale

## WHAT YOU NEED

- butter <sup>1</sup>
- olive oil
- apple cider vinegar
- kosher salt & ground pepper

## TOOLS

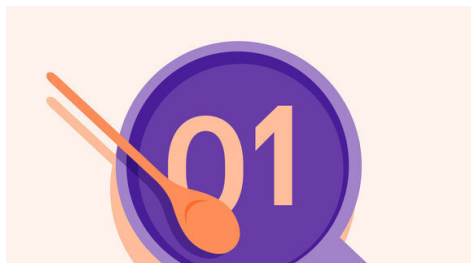
- microwave
- medium ovenproof skillet

## ALLERGENS

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

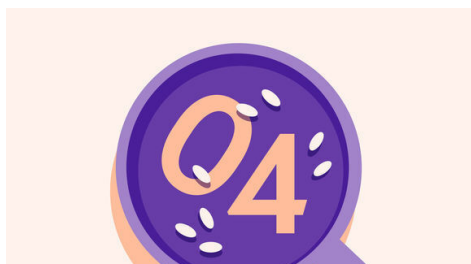
## NUTRITION PER SERVING

Calories 360kcal, Fat 4g, Carbs 54g, Protein 19g



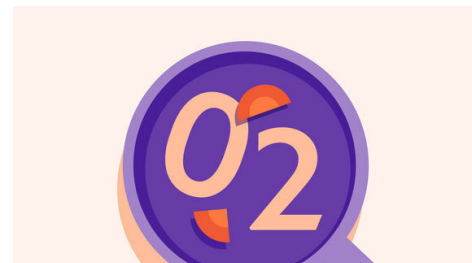
### 1. Prep ingredients

Preheat oven to 400°F with a rack in the center. Cut parsnips into 2 inch long wedges that are ¾ inch thick. Cut apple into ¾ inch thick wedges, removing core and seeds. Finely grate ½ teaspoon garlic and thinly slice 2 garlic cloves. Pick parsley leaves from stems and finely chop. Remove kale leaves from stems and break into smaller pieces.



### 4. Braise

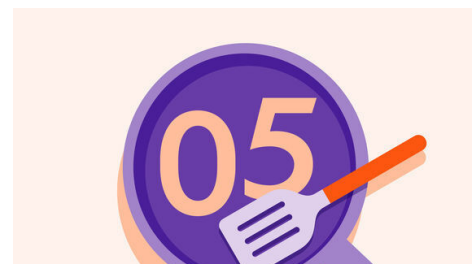
Add broth packet, half the mustard, grated garlic, ½ tablespoon maple syrup, and 1 cup water to skillet; bring to a simmer. Transfer to oven and cook until vegetables are tender and sauce is reduced by half, 25–30 minutes. Add steaks and any resting juices to skillet; spoon sauce over steaks to coat. Return skillet to oven and continue cooking until steaks are medium-rare, 4–5 minutes.



### 2. Make garlic chips

In a large bowl, massage kale with 1 tablespoon oil until well coated. Set aside for at least 10 minutes.

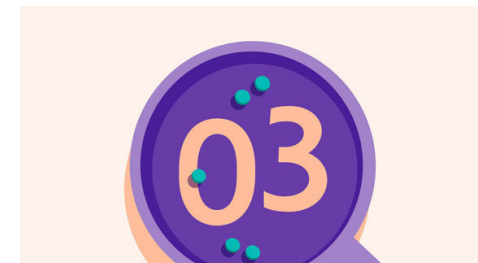
In a small bowl, cover sliced garlic with 3 tablespoons oil. Microwave until slices just begin to brown, stirring every 15 seconds, 60—90 seconds total. Transfer garlic to a paper towel to drain and set aside, reserve oil.



### 5. Finish & serve

Into garlic oil, whisk ½ tablespoon maple syrup, remaining mustard, and 1 tablespoon vinegar. Add vinaigrette and cranberries to kale and toss; season to taste with salt and pepper.

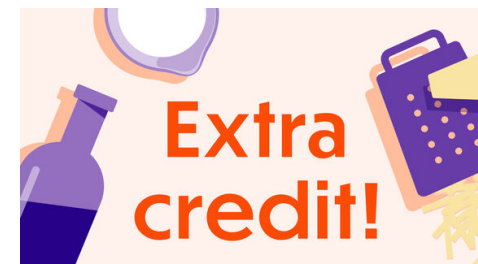
Transfer steaks to a plate. To braising liquid, whisk in parsley, 1 tablespoon butter and 1 teaspoon vinegar. Serve steaks with parsnips, kale, and braising liquid. Garnish with garlic chips. Enjoy!



### 3. Sear steak & vegetables

Pat steaks dry and season with salt and pepper. Heat 1 tablespoon oil in a medium ovenproof skillet over high. Add steaks and sear until just browned, about 1–2 minutes per side. Transfer to a plate.

Heat another tablespoon oil over medium-high. Working in batches if necessary, sear parsnips and apples until just browned, 1–2 minutes per side.



### 6.