MARLEY SPOON

Seared Steak with Garlic Butter

& Oven-Fried Brussels Sprouts

30-40min 2 Servings

We've taken meaty sirloin steaks and made them even more irresistible with garlic butter. But you might be surprised to find that the vegetables steal their thunder! The Brussels sprouts and onions are breaded then "fried" in the oven until crispy and delectable. Note that the vegetables won't be completely coated in the Parmesan-panko, but make sure to sprinkle any that remains over the veggies to use it all up!

What we send

- ¾ oz Parmesan [2]
- ½ lb Brussels sprouts
- 1 red onion
- 1 oz panko [3]
- 10 oz pkg sirloin steaks
- ¼ oz granulated garlic

What you need

- butter [2]
- olive oil
- 1 large egg [1]
- kosher salt & ground pepper

Tools

- rimmed baking sheet
- microplane or grater
- medium skillet

Cooking tip

Whack your butter with a rolling pin a few times to speed up the softening process!

Allergens

Egg (1), Milk (2), Wheat (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 730kcal, Fat 52g, Carbs 35g, Protein 36g

1. Prep ingredients

Preheat oven to 425°F with a rack in the center. Place **2 tablespoons butter** in a small bowl to soften. Lightly **oil** a rimmed baking sheet.

Finely grate **Parmesan**. Trim and discard ends from **Brussels sprouts**, then cut in half. Halve and slice **all of the onion** into ½-inch thick wedges through the core.

2. Prepare breading

Beat **1 large egg** with **2 tablespoons oil** in a medium bowl; season with **salt** and **pepper**.

Place **panko** in a separate medium bowl and toss with **Parmesan**, **½ teaspoon salt**, and **a few grinds of pepper**.

3. Bread vegetables

Coat **Brussels sprouts** in **egg** then lift, letting excess egg drip back into the bowl. Place in bowl with **panko**; toss to coat. Transfer to the prepared baking sheet. Repeat the same breading process with **onions** and transfer to the baking sheet. (It's OK if vegetables aren't fully coated)

Sprinkle **any remaining panko breading** over the veggies.

4. Roast vegetables

Drizzle **Brussels sprouts** and **onions** with **1 tablespoon oil**. Roast on center oven rack until tender and golden brown, stirring halfway through, 20–25 minutes total.

5. Cook steaks

Pat **steaks** dry, then season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add steaks and cook until well browned and medium rare, 3–4 minutes per side (or longer for desired doneness.) Transfer to a plate and let rest for 5 minutes.

6. Finish & serve

To bowl with **softened butter**, add **¼ teaspoon each of granulated garlic and ground pepper**; mash with a fork.

Serve **steaks** dolloped with **garlic butter** with **oven-fried Brussels sprouts and onions** alongside. Enjoy!