



## Butter-Basted Steak

with Harissa-Spiced Veggies



30-40min



2 Servings

A simple technique that will make you a hero in the kitchen—butter-basting. A total game-changer. The steaks are seared in a hot skillet, and just before the steaks are finished, crushed garlic and a dollop of butter are added to the pan and spooned over the meat, infusing it with garlic-butter goodness. Placed alongside harissa-spiced veggies, this dish can't go wrong.



## What we send

- ½ lb Brussels sprouts
- 1 medium red onion
- 8 oz carrots
- ¼ oz harissa spice blend (use 3½ tsp)
- garlic
- ½ oz tamari in fish-shaped pod <sup>6</sup>
- 10 oz sirloin steaks

## What you need

- olive oil
- kosher salt & ground pepper
- white wine vinegar (or apple cider vinegar) <sup>17</sup>
- butter <sup>7</sup>

## Tools

- rimmed baking sheet
- medium heavy skillet (preferably cast-iron)

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

Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### Nutrition per serving

Calories 610kcal, Fat 35g, Carbs 34g, Proteins 41g



### 1. Prep ingredients

Preheat oven to 450°F with a rack in the center. Place a rimmed baking sheet on the center rack to preheat. Halve **Brussels sprouts**; remove any outer leaves, if necessary. Halve and thinly slice **all of the onion**. Scrub **carrots**, then cut on an angle into ½-inch thick slices.



### 2. Roast veggies

In a large bowl, toss **Brussels sprouts**, **onions**, and **carrots** with **3½ teaspoons harissa spice blend**, **2 tablespoons oil**, and season with **salt**. Carefully, transfer to preheated baking sheet and spread into a single layer. Roast on center oven rack until tender and browned, 15-20 minutes.



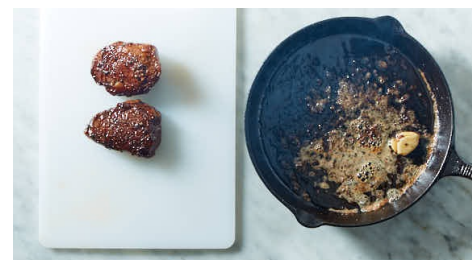
### 3. Prep garlic & pan sauce

Meanwhile, smash **1 large garlic clove**. In a liquid measuring cup, combine **tamari**, **¼ cup water**, and **2 tablespoons vinegar**.



### 4. Sear steaks

Heat **2 teaspoons oil** in a medium heavy skillet (preferably cast-iron) over medium-high. Pat **steaks** dry and season all over with **salt** and **pepper**. Add steaks to skillet, and cook until lightly charred and cooked to medium-rare, 3-4 minutes per side.



### 5. Baste steaks

Add **smashed garlic clove**, **1 tablespoon butter**, and **½ tablespoon oil** to skillet with **steaks**; cook, stirring, until melted. Tilt skillet toward you so butter pools at the edge. Using a large spoon, baste the steaks continually with butter and oil until they turn deep golden brown, about 1 minute more. Transfer to a cutting board to rest.



### 6. Finish pan sauce & serve

Add **tamari-vinegar** mixture to skillet and simmer until reduced to ¼ cup, about 3-5 minutes. Discard **garlic**, stir in **any resting steak juices**, and season **sauce** to taste with **salt** and **pepper**. Thinly slice **steaks**, if desired. Serve **steak** with **roasted vegetables** and drizzle **pan sauce** all over. Enjoy!