



## 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.



### 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.



### 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**.



### 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!