

# DINNERLY



## Low-Cal Steak with Dijon Pan Sauce & Roasted Broccoli



30min



2 Servings

Want to live in the lap of luxury (at least for one meal)? You only need a few things to get you there. Tender steak and roasted broccoli serve as your hearty base, but the real stars of this show are the Dijon mustard pan sauce and crispy fried garlic chips sprinkled over top. Oooh, you fancy. We've got you covered!

### WHAT WE SEND

- ½ lb broccoli
- 1 pkt Dijon mustard <sup>17</sup>
- ½ lb pkg sirloin steak

### WHAT YOU NEED

- red wine vinegar (or white wine vinegar)
- sugar
- kosher salt & ground pepper
- neutral oil
- butter <sup>7</sup>
- garlic

### TOOLS

- rimmed baking sheet
- medium skillet

### ALLERGENS

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

### NUTRITION PER SERVING

Calories 410kcal, Fat 28g, Carbs 11g, Protein 27g

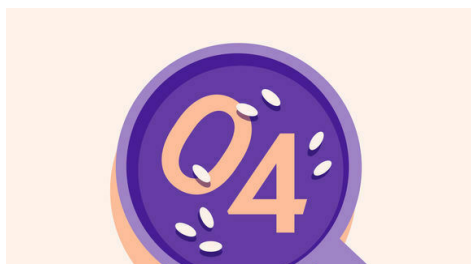


#### 1. Prep veggies & sauce

Preheat oven to 450°F with a rack in the upper third.

Thinly slice **2 large garlic cloves**. Trim stem ends from **broccoli**, then cut into 1-inch florets.

In a small bowl, stir to combine **Dijon mustard**, **¼ cup water**, **1 tablespoon vinegar**, **½ teaspoon sugar**, and **a pinch of salt**; reserve for step 4.



#### 4. Sear steak

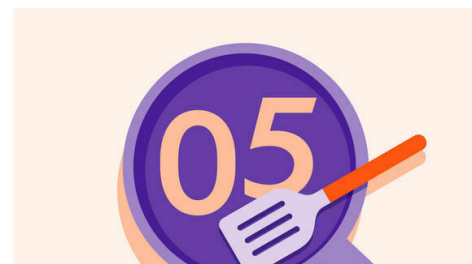
Pat **steaks** dry, then season all over with **salt and pepper**.

Return skillet with **garlic oil** over medium-high heat. Add steaks and cook until well browned and medium-rare, 2–3 minutes per side (or longer for desired doneness). Transfer to a cutting board to rest. Immediately add **reserved mustard sauce** to skillet.



#### 2. Roast broccoli

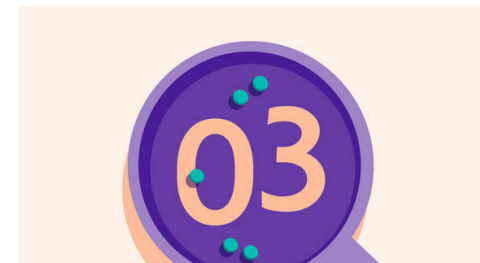
On a rimmed baking sheet, toss **broccoli** with **1 tablespoon oil** and **a pinch each of salt and pepper**. Roast on upper oven rack until golden-brown and tender, about 12 minutes.



#### 5. Finish & serve

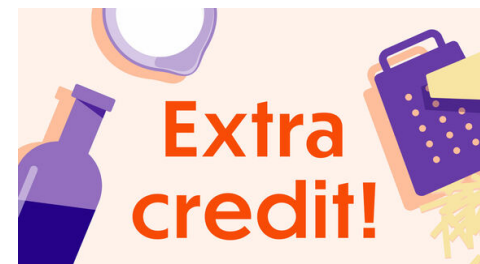
Bring **sauce** to a simmer over medium-high heat. Cook, scraping up any browned bits from skillet, until slightly thickened, 1–2 minutes. Remove from heat; swirl in **1 tablespoon butter** until melted. Season to taste with **salt** and **pepper**. Thinly slice **steaks**, if desired.

Serve **steak** and **roasted broccoli** with **Dijon pan sauce** and **fried garlic** spooned over top. Enjoy!



#### 3. Fry garlic

While **broccoli** cooks, heat **⅓-inch oil** in a medium skillet over medium-high until shimmering. Add **sliced garlic** and cook, stirring frequently with a fork, until lightly golden, about 1 minute (watch carefully!). Using a slotted spoon, transfer to a paper towel-lined plate; season with **salt**. Carefully discard **all but 1 tablespoon garlic oil**.



#### 6. Save the garlic oil!

Instead of discarding the leftover garlic oil in step 3, pour it into a small heat-proof bowl to let cool, then transfer to a container with a lid. Store and use as you would a regular oil for any recipe that could use a garlicky kick!