

DINNERLY



Upgrade to Organic Sirloin Steak

Low-Cal Sirloin Steak with Dijon Pan Sauce

This version of the recipe is customized with organic sirloin steaks.



30min



2 Servings

WHAT WE SEND

- ½ lb broccoli
- 1 pkt Dijon mustard ¹⁷
- ¼ oz granulated garlic
- 10 oz pkg organic sirloin steak

WHAT YOU NEED

- red wine vinegar (or white wine vinegar)
- sugar
- kosher salt & ground pepper
- neutral oil
- butter ⁷

TOOLS

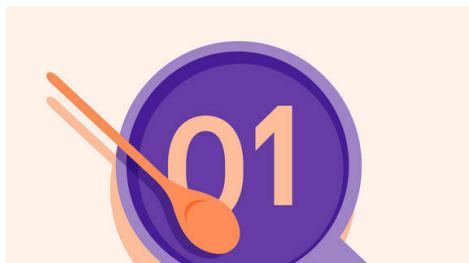
- rimmed baking sheet
- medium skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 390kcal, Fat 23g, Carbs 12g, Protein 37g

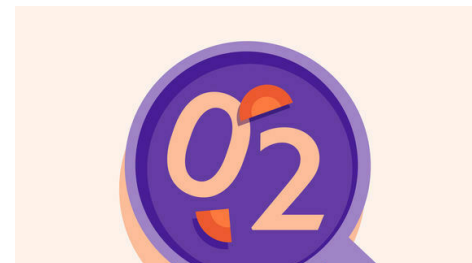


1. Prep veggies & sauce

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

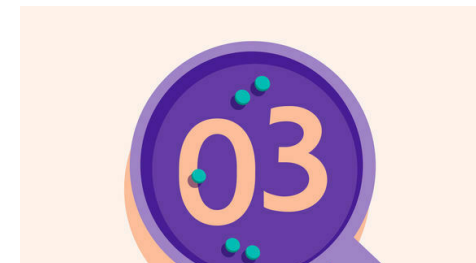
Cut **broccoli** into 1-inch florets, if necessary.

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.



2. Roast broccoli

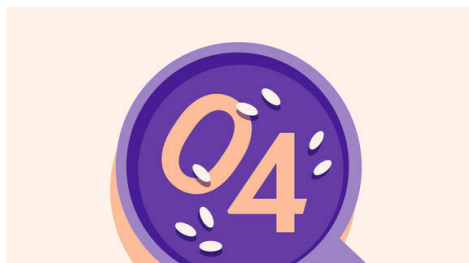
On a rimmed baking sheet, toss **broccoli** with 1 **tablespoon oil** and a **pinch each of salt and pepper**. Roast on upper oven rack until golden-brown and tender, about 12 minutes.



3. Sear steak

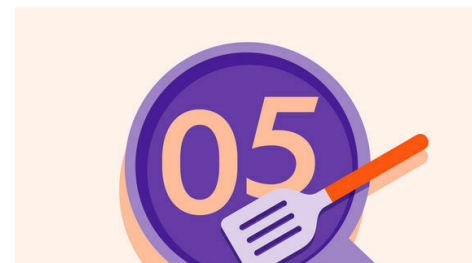
Pat **steaks** dry, then season all over with **salt and pepper**.

Add 1 **tablespoon oil** to a medium skillet 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.



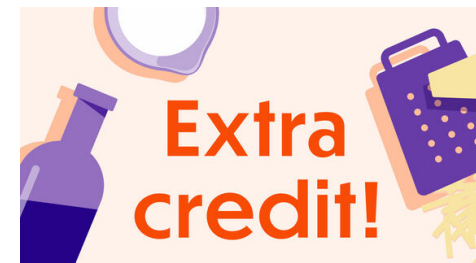
4. Prepare pan sauce

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.



5. Finish & serve

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



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