

MARLEY SPOON



Glazed Steak

with Farro & Bell Pepper Stir-Fry



20-30min



2 Servings

Farro is one of the oldest cultivated wheat grains, grown in the Fertile Crescent thousands of years ago. And, like all good things, farro has stood the test of time due to its nutty flavor, delightfully chewy texture, and nutrient density. Nowadays, farro is primarily grown in Italy and is used in soups, salads, and as a side—similar to rice, barley or quinoa.

What we send

- sirloin steaks
- red bell pepper
- scallions
- baby spinach
- 6
- 1

What you need

- kosher salt & ground pepper
- sugar

Tools

- fine-mesh sieve
- medium saucepan
- medium skillet

Allergens

Wheat (1), Soy (6). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

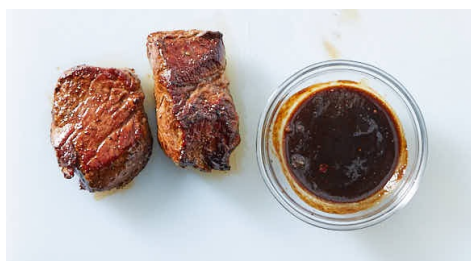
Nutrition per serving

Calories 610kcal, Fat 24g, Carbs 74g, Protein 36g



1. Prep ingredients

Bring a medium saucepan of **salted water** to a boil. Quarter **pepper**, remove stem, core and seeds, then cut crosswise into ½-inch wide slices. Trim stem ends from **scallions**, then thinly slice. In a small bowl, combine **tamari**, **3 tablespoons vinegar**, and **2 teaspoons sugar**; stir to dissolve sugar.



4. Glaze steaks

Add **tamari-vinegar** mixture to skillet with **steaks** and cook, turning steaks, until glazed and sauce is reduced to ¼ cup, about 2 minutes. Transfer steaks to a cutting board and **glaze** to a small bowl. Rinse skillet and wipe dry.



2. Cook farro

Add **farro** to boiling water and cook until tender, 10-12 minutes. Drain well and return farro to pot.



5. Stir-fry peppers & farro

Heat **2 teaspoons oil** in same skillet over high. Add **peppers** and cook until crisp-tender, 2-3 minutes. Add **farro**, **half of the scallions**, and **1 tablespoon oil**. Cook to heat through, stirring, about 2 minutes. Add **half of the glaze** and stir to coat.



3. Sear steaks

Pat **steaks** dry and season all over with **salt** and **pepper**. Heat **2 teaspoons oil** in a medium, heavy skillet over medium-high. Add steaks and cook until medium-rare and deeply browned, about 3 minutes per side.



6. Finish & serve

Add **spinach** to skillet with **farro** and stir until wilted, about 1 minute. Season to taste with **salt** and **pepper**. Very thinly slice **steak**. Serve **farro stir-fry** topped with **sliced steak and any juices**. Drizzle **remaining glaze** over top and garnish with **remaining scallions**. Enjoy!