

DINNERLY



Steak & Miso-Butter Sauce with Roasted Broccoli & Carrots



20-30min



2 Servings

This dish hits all the right flavor notes—oh, and it's pretty darn good for you too. It's low in calories and carbs, but high in satisfaction! Tender steak is lathered in an oh-so tasty pan sauce of butter and miso that brings a punch of Umami—a Japanese term translating to “a pleasant savory taste.” It's so easy to make, you might want to keep it mind for whenever you want weeknight dinners to sing! We've got you covered!

WHAT WE SEND

- ½ lb broccoli
- 1 carrot
- ½ lb pkg sirloin steak
- 0.63 oz miso paste ⁶

WHAT YOU NEED

- neutral oil
- kosher salt & ground pepper
- butter ⁷

TOOLS

- rimmed baking sheet
- medium skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 420kcal, Fat 30g, Carbs 12g, Protein 27g



1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third. Trim stem ends from **broccoli**, then cut crowns into ½-inch florets, if necessary. Scrub **carrot**, then halve lengthwise and thinly slice on an angle.



2. Roast veggies

On a rimmed baking sheet, toss **broccoli and carrots** with **1 tablespoon oil**; season with **salt** and **pepper**. Roast on upper oven rack until veggies are browned in spots and crisp-tender, 8-10 minutes (watch closely as ovens vary).



3. Season & cook steaks

Meanwhile, pat **steaks** dry, then season all over with **salt** and **pepper**. Heat **2 teaspoons oil** in a medium skillet over medium-high. Add steaks and cook until well browned and medium-rare, 2–3 minutes per side (or longer for desired doneness). Transfer steaks to a cutting board to rest. Pour off **any excess fat** from skillet.



4. Make miso-butter sauce

Heat same skillet over low. Add **half of the miso sauce** (save rest for own use), **2 tablespoons water**, and **1½ tablespoons butter**. Cook, scraping up any browned bits from the bottom of the skillet, until butter is melted, and sauce is combined, 1–2 minutes. Season to taste with **salt** and **pepper**.



5. Serve

Thinly slice **steaks**, if desired. Serve **steaks** with **miso-butter sauce** spooned over top and with **roasted broccoli and carrots** alongside. Serve **any remaining sauce** on the side for dipping. Enjoy!



6. Picky-eater proof!

Is miso too out there for the family? You can leave it out! This is your Dinnerly party and we fully support you making it however you like. Swap the miso for extra butter and fresh chopped herbs.