

# DINNERLY



## Low-Cal Organic 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 organic sirloin steak and roasted broccoli serve as your hearty base, but the real star of this show is the Dijon mustard pan sauce. Oooh, you fancy. We've got you covered!

## WHAT WE SEND

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

## WHAT YOU NEED

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

## 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

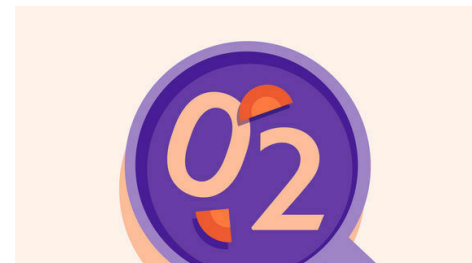


### 1. Prep veggies & sauce

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

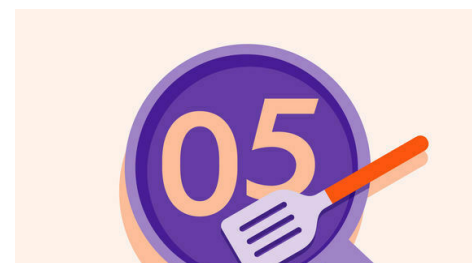
Pat **steaks** dry, then season all over with salt and pepper.

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 and ½ teaspoon granulated garlic to skillet.



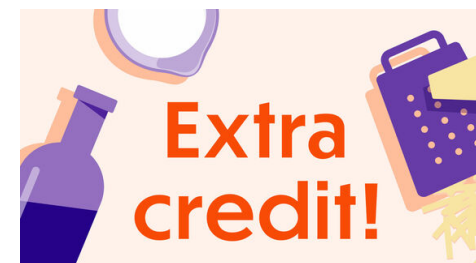
### 4. Prepare pan sauce

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!



### 6. Check us out!

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