

DINNERLY



Low-Cal Coulotte 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 coulotte 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
- 10 oz pkg coulotte steak
- ¼ oz granulated garlic
- 1 (¼ oz) Dijon mustard

WHAT YOU NEED

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

TOOLS

- rimmed baking sheet
- medium heavy skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 420kcal, Fat 28g, Carbs 12g, Protein 35g



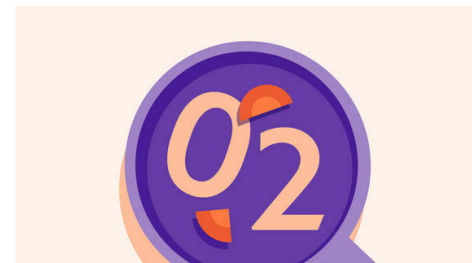
1. Prep veggies & sauce

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

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

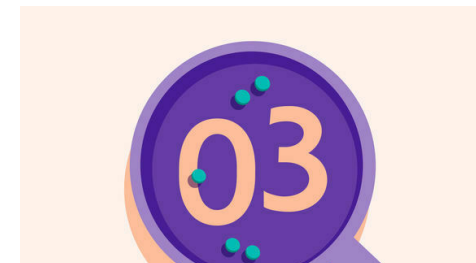
In a small bowl, stir to combine **Dijon mustard**, ½ **teaspoon granulated garlic**, ¼ **cup water**, 1 **tablespoon vinegar**, ½ **teaspoon sugar**, and a **pinch of salt**; reserve for step 4.

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



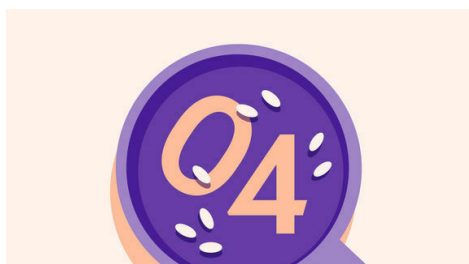
2. Roast broccoli

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.



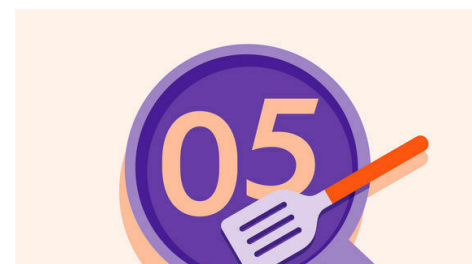
3. Sear steak

Heat 1 **tablespoon oil** in a medium heavy skillet over medium-high. Add **steak** and cook until well browned and medium rare, 4–5 minutes per side. Using tongs, hold steak on its side and cook fat-side down until golden brown and crisp, 1–2 minutes. 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 **steak**.



5. Finish & serve

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



6. Check us out!

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