

DINNERLY



Lemon-Oregano Steak with Roasted Broccoli



30-40min



2 Servings

There's nothing wrong with being a show-off—but only when you've got something to show. No need to worry, because this steak is dressed to impress. The lemon-oregano marinade gives a brightness and flavor that's hard to forget, and it's served alongside a long beloved vegetable: the almighty broccoli, cooked to golden-brown perfection. Now that's how you make a big impression. We've got you covered!

WHAT WE SEND

- ½ lb broccoli
- 1 red onion
- 1 lemon
- ¼ oz dried oregano
- 1 pkt crushed red pepper
- ½ lb pkg sirloin steak

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- garlic

TOOLS

- rimmed baking sheet
- medium skillet

ALLERGENS

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 440kcal, Fat 33g, Carbs 19g, Protein 22g



1. BROCCOLI VARIATION

Preheat oven to 425°F with a rack in the center. Cut **broccoli** into 1-inch florets, if necessary.

On a rimmed baking sheet, toss **broccoli** with **1 tablespoon oil**; season with **salt** and **pepper**. Roast on lower oven rack until just tender, about 8 minutes.



2. Make oregano marinade

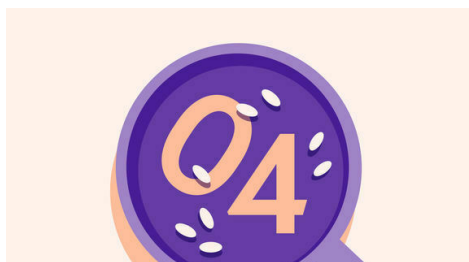
Meanwhile, halve **onion** and cut lengthwise into ¼-inch wedges. Finely chop **2 teaspoons garlic**. Juice **lemon** into a medium bowl.

In bowl with **lemon juice**, whisk to combine **chopped garlic**, **2 tablespoons oil**, and **1 teaspoon dried oregano**. Add **¼ teaspoon red pepper flakes** (or add more to taste). Set **marinade** aside for step 4.



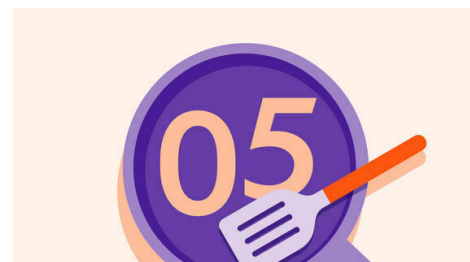
3. Finish broccoli & onions

Once **broccoli** is tender, remove from oven and scatter **sliced onions** over top; drizzle with **1 teaspoon oil**. Roast on lower oven rack until broccoli is browned in spots and onions are wilted and charred, 8–12 minutes more.



4. Cook steaks

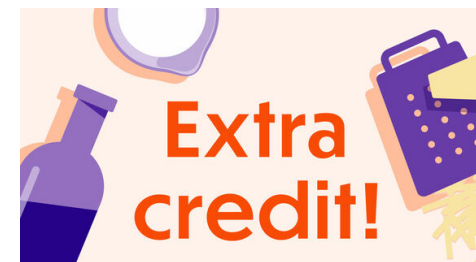
Pat **steaks** dry; season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add steaks; cook until well browned and medium-rare, about 3 minutes per side (or longer for desired doneness). Transfer to bowl with **oregano marinade** and toss to coat; marinate for 5–10 minutes.



5. Finish & serve

Remove **steaks** from marinade and cut into slices, if desired.

Serve **lemon-oregano steaks** with **roasted broccoli and onions** alongside. Spoon **any remaining marinade** over top. Enjoy!



6. Add a carb

We made this a low-carb meal on purpose, but feel free to add a side of crusty bread to soak up all the delicious marinade and steak juices!