

MARLEY SPOON



Steak au Poivre

with Vegetables and Mustard Dressing



30-40min



2 Servings

On our list of life's simple pleasures, a perfectly seared steak is very near the top. The French "au poivre" translates to "peppered," and is a technique that packs a major peppery punch. Building flavor upon flavor, we use whole grain mustard to dress a medley of warm winter vegetables—parsnips, turnips, and radishes. Cook, relax, and enjoy!

What we send

- 5 oz baby spinach
- ½ oz whole-grain mustard
- 1 bag radishes
- 10 oz pkg sirloin steaks
- ½ lb turnip
- 1 parsnip

What you need

- coarse salt
- freshly ground black pepper
- olive oil
- sugar

Tools

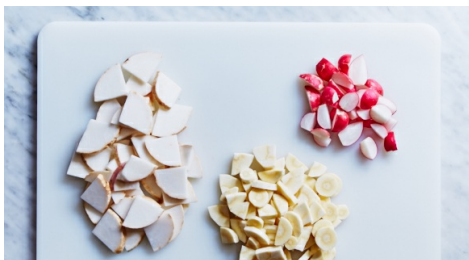
- large skillet
- small skillet

Allergens

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

Nutrition per serving

Calories 550kcal, Fat 24g, Carbs 34g, Protein 43g



1. Prep root vegetables

Peel **parsnips**, halve or quarter thick ends, and cut crosswise into ¼-inch thick slices. Cut **turnips** into quarters, then cut crosswise into ¼-inch thick slices. Cut **radishes** into ½-inch wedges.



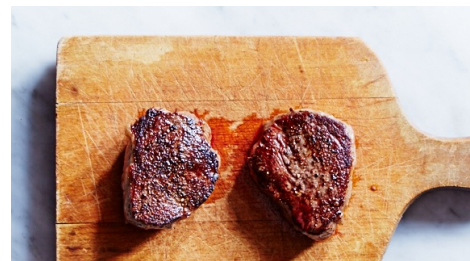
4. Cook root vegetables

Heat 1 tablespoon **oil** in a large skillet over medium-high. Add **root vegetables** and cook, stirring occasionally, until heated through but not cooked, 2-3 minutes. Add ¼ cup **water**. Cover and cook over medium heat until tender, 5-7 minutes. Uncover, add **remaining vinegar** and 1 teaspoon **sugar**, and cook until **vegetables** are lightly glazed, 1-2 minutes more.



2. Make dressing

In a large bowl, whisk **mustard** with 2 tablespoons **oil** and 1 tablespoon **vinegar**. Season to taste with **salt** and **pepper**.



5. Cook steaks

Heat a small skillet over medium-high. When very hot, add 2 teaspoons **oil** and **steaks** and reduce heat to medium. Cook, turning once, until **steaks** are lightly charred in spots, 6-8 minutes, depending on thickness, for medium-rare. Transfer to a cutting board and let rest, about 5 minutes.



3. Pepper steak

Pat **steaks** dry with paper towels and rub lightly with **oil**. Season all over with ½ teaspoon each **salt** and **coarsely ground black pepper**. Let sit until ready to cook.



6. Finish salad

Add **cooked vegetables** and **kale** to **dressing**, season to taste with **salt**, and toss to combine. Divide **salad** between plates. Cut **steak** into slices if desired and serve alongside **salad**. Enjoy!