

# MARLEY SPOON



## Fast! Garlic Butter Beef Strips

with Egg Noodles & Spinach Salad



ca. 20min



2 Servings

Getting a bistro steak dinner on your table in a flash is possible thanks to tender beef strips and an addictive garlic butter sauce. We sear the beef before making a very French pan sauce with shallots, beef broth, garlic, and butter. The tender beef lays on comforting egg noodles, soaking up the sauce, with sour cream and parsley garnishing the top.



## What we send

- 2 shallots
- garlic
- 10 oz pkg beef strips
- 1 pkt beef broth concentrate
- 6 oz egg noodles <sup>3,1</sup>
- 1 pkt Dijon mustard
- 5 oz baby spinach
- ¼ oz fresh parsley
- 2 (1 oz) sour cream <sup>2</sup>

## What you need

- kosher salt & ground pepper
- apple cider vinegar (or white wine vinegar)
- neutral oil
- sugar
- all-purpose flour <sup>1</sup>
- butter <sup>2</sup>

## Tools

- medium pot
- microplane or grater
- large skillet

## Allergens

Wheat (1), Milk (2), Egg (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 880kcal, Fat 45g, Carbs 78g, Protein 39g



### 1. Prep ingredients

Bring a medium pot of **salted water** to a boil. Thinly slice **1 shallot**; halve **remaining shallot** and finely chop half (save rest for own use). Into a small bowl, finely grate **2 teaspoons garlic**; whisk in **broth concentrate** and **1 cup water**.

Pat **beef** dry. Season all over with **salt** and **pepper**.



### 4. Finish beef

Sprinkle **shallots** with **2 teaspoons flour**. Cook, stirring, about 1 minute. Add **broth mixture** and **2 tablespoons butter**, scraping the bottom of the skillet. Cook, stirring occasionally, until liquid is reduced by about half, 2-4 minutes. Add **beef** and cook until just warmed through and medium-rare, about 1 minute. Season to taste with **salt** and **pepper**.



### 2. Cook noodles

Add **noodles** to pot with boiling water and cook, stirring occasionally, until al dente, 4-5 minutes. Drain noodles and reserve for step 5 (to prevent sticking, toss with **a drizzle of oil**).

In a medium bowl, whisk together **Dijon**, **1 tablespoon vinegar**, **2 tablespoons oil**, **chopped shallots**, and **¼ teaspoon sugar**. Season to taste with **salt** and **pepper**; set aside until step 5.



### 5. Toss salad

Add **spinach** to **bowl** with **Dijon vinaigrette** and toss to coat. Coarsely chop **parsley leaves** and **tender stems**.

Divide **egg noodles** between serving bowls and spoon **beef** and **sauce** over top. Dollop with **sour cream** and garnish with **parsley**. Serve **spinach salad** alongside.



### 3. Brown beef

Heat **1 tablespoon oil** in a large skillet over medium-high. Working in batches, add **beef** in a single layer, and cook, without stirring, until well browned on one side, 1-3 minutes; transfer to a plate and repeat with remaining beef (it will not be fully cooked). Add **sliced shallots** and cook until softened, 3-5 minutes.



### 6. Serve

Enjoy!