

# DINNERLY



## Low-Carb Roasted Steak & Apricot Pan Sauce

with Spiced Carrots



20-30min



2 Servings

Hangry is a real emotion and we feel it deep in our souls sometimes. Then we taste this sauced up roast steak with tender spiced carrots and the world feels peaceful again. Each bite brings a touch of tang from the apricot pan sauce and warmth from one of our favorite spice blends, garam masala. Tonight, the only emotion we're feelin' is delight. We've got you covered!

## WHAT WE SEND

- 1 lb carrots
- 10 oz pkg coulotte steak
- ¼ oz garam masala
- ¼ oz fresh cilantro
- ½ oz apricot preserves
- 1 pkt chicken broth concentrate

## WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- white wine vinegar (or apple cider vinegar)
- butter<sup>1</sup>

## TOOLS

- medium skillet
- rimmed baking sheet

## ALLERGENS

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

## NUTRITION PER SERVING

Calories 550kcal, Fat 34g, Carbs 30g, Protein 34g



### 1. Prep carrots & sear steak

Preheat oven to 450°F with a rack in the center. Trim ends from **carrots**, then quarter lengthwise.

Pat **steak** dry, then season all over with **salt and pepper**. Heat ½ **tablespoon oil** in a medium skillet over medium-high. Add steak and cook, turning, until golden-brown all over, about 6 minutes. Remove from heat and set aside until step 3.



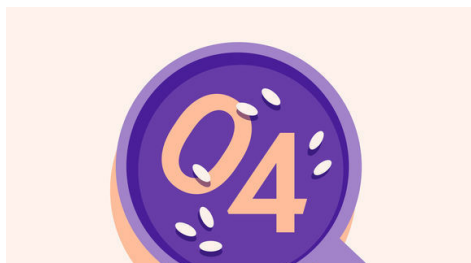
### 2. Roast carrots

While **steak** cooks, on a rimmed baking sheet, toss **carrots** with 1 **teaspoon garam masala**, 1½ **tablespoons oil**, and a **pinch each of salt and pepper**. Roast on center oven rack until tender, tossing halfway through, about 15 minutes.



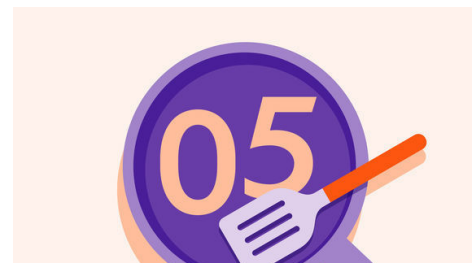
### 3. Roast steak

Once **carrots** have roasted for 15 minutes, transfer seared **steak** from skillet to same baking sheet. Continue to roast on center oven rack until steak is medium-rare, 6–10 minutes. Transfer steak to a cutting board to rest. Set baking sheet with carrots aside until ready to serve.



### 4. Cook apricot pan sauce

While **steak and carrots** finish cooking, coarsely chop **cilantro leaves and stems**. In same skillet, stir to combine **apricot preserves, broth concentrate, 1½ teaspoons vinegar**, and ½ **cup water**; bring to a rapid simmer over medium-high, scraping up any browned bits from the bottom of skillet, and cook until sauce is reduced to about ¼ cup, about 3 minutes.



### 5. Finish & serve

To skillet with **apricot sauce**, add 2 **tablespoons butter** and **any resting steak juices**; swirl until butter is melted. Stir in **half of the cilantro**; season to taste with **salt and pepper**. Thinly slice **steak**, if desired.

Serve **steak** with **spiced carrots** alongside. Spoon **apricot pan sauce** over top and garnish with **remaining cilantro**. Enjoy!



### 6. Carbo load!

Soak up all that sauce with a quick rice pilaf! Serve the sliced steak over top, then drizzle with sauce, and dig in for a major home run.