

MARLEY SPOON



Marinated Steak with Roasted Broccoli

& Creamy Parmesan Arugula Salad



20-30min



2 Servings

A sprinkle of Parmesan and Italian seasoning is a simple way to elevate roasted broccoli. The cheese browns in the oven, developing a deep nutty flavor and a delightful crispiness. We serve the crisp broccoli alongside marinated pan-seared steaks for an at-home steakhouse dinner.

What we send

- garlic
- 10 oz pkg sirloin steaks
- 1½ oz pkt Worcestershire sauce ⁴
- ½ lb broccoli
- ¼ oz Italian seasoning
- ¾ oz Parmesan ⁷
- 1 plum tomato
- 1 oz mayonnaise ^{3,6}
- 5 oz arugula

What you need

- olive oil
- kosher salt & ground pepper
- white wine vinegar (or apple cider vinegar) ¹⁷

Tools

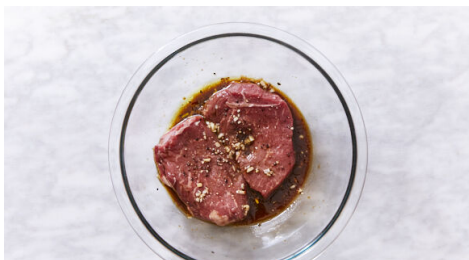
- rimmed baking sheet
- microplane or grater
- medium skillet

Allergens

Egg (3), Fish (4), Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 550kcal, Fat 41g, Carbs 16g, Protein 31g



1. Marinate steaks

Preheat oven to 450°F with a rack in the lower third. Finely chop **1 teaspoon garlic**. Pat **steaks** dry.

In a medium bowl, stir to combine **Worcestershire sauce**, **½ teaspoon of the chopped garlic**, **1 teaspoon oil**, and **a pinch each of salt and pepper**. Add steaks to **marinade**, turning to coat. Let sit at room temperature until step 5.



4. Prep salad & dressing

Core **tomatoes**, then finely chop.

In a medium bowl, whisk to combine **mayonnaise**, **remaining chopped garlic and Parmesan**, **1 tablespoon oil**, and **1 teaspoon each of water and vinegar**. Season to taste with **salt and pepper**.



2. Prep broccoli

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

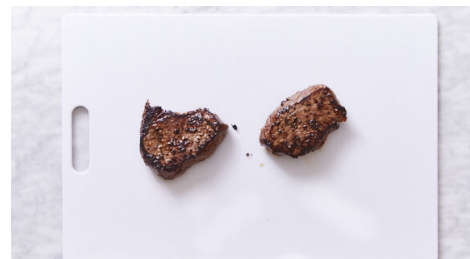
On a rimmed baking sheet, toss with **1 tablespoon oil** and **1 teaspoon Italian seasoning**; season with **salt and pepper**.



3. Roast broccoli

Roast **broccoli** on lower oven rack until tender and browned in spots, about 15 minutes.

Meanwhile, finely grate **Parmesan**. Sprinkle half of the Parmesan over roasted broccoli; return to lower oven rack and continue to roast until cheese is melted and browned in spots, about 2 minutes more.



5. Sear steaks

Remove **steaks** from **marinade** (discard marinade) and season all over with **salt and pepper**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add steaks and cook until browned and medium-rare, 3-4 minutes per side (or longer for desired doneness). Transfer to a cutting board and let rest for 5 minutes.



6. Finish & serve

Add **tomatoes** and **arugula** to bowl with **creamy Parmesan dressing** and toss to coat. Season to taste with **salt and pepper**. Slice **steaks**, if desired. Serve **steak** alongside **broccoli** and **salad**. Enjoy!