

MARLEY SPOON



Seared Steak & Rosemary-Garlic Pan Sauce

with Crispy Parm Sweet Potatoes & Broccoli



30-40min



2 Servings

The coziest and most delectable bistro is often the one in our own homes. Here we baste a perfectly seared steak in butter with fresh rosemary and garlic to create a sumptuous pan sauce. Alongside is lightly charred roasted broccoli and crispy sweet potatoes generously tossed with Parmesan, garlic, and our Tuscan spice blend. Speedy enough for a weeknight, and Saturday date night approved.

What we send

- 2 sweet potatoes
- ½ lb broccoli
- ¾ oz Parmesan ⁷
- garlic
- ¼ oz Tuscan spice blend
- 10 oz pkg sirloin steaks
- ¼ oz fresh rosemary

What you need

- olive oil
- kosher salt & ground pepper
- neutral oil
- butter ⁷

Tools

- rimmed baking sheet
- microplane or grater
- medium heavy skillet (preferably cast-iron)

Cooking tip

Want to see helpful cooking tips, tricks, and bonus Marley Spoon content? Follow us on Instagram @marleyspoon or TikTok @marleyspoonus for more!

Allergens

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 590kcal, Fat 25g, Carbs 63g, Protein 32g



THIS IS A CUSTOMIZED RECIPE STEP

We've tailored the instructions below to match your recipe choices. Happy cooking!

1. Roast sweet potatoes

Preheat oven to 450°F with a rack in the lower third.

Scrub **sweet potatoes**, then cut into 1-inch pieces. On a rimmed baking sheet, toss potatoes with a **generous drizzle of olive oil**; season with **salt** and **pepper**. Roast on lower rack until browned on the bottom, 15-20 minutes.



4. Sear steaks

Pat **steaks** dry and season all over with **salt** and **pepper**. Smash **1 whole garlic clove**.

Heat **2 teaspoons neutral oil** in a medium heavy skillet (preferably cast iron) over high until shimmering. Add **steaks**; cook until well browned, 3-4 minutes per side.



2. Roast broccoli

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

After roasting for 15-20 minutes, push **sweet potatoes** to 1 side of baking sheet. On open side, toss **broccoli** with a **generous drizzle of olive oil**; season with **salt** and **pepper**. Roast until broccoli and potatoes are well browned and tender, another 8-12 minutes.



5. Make pan sauce

Reduce heat to medium-low and immediately add **2 tablespoons butter**, **1 rosemary sprig**, and **smashed garlic clove** to skillet. Spoon **butter sauce** over **steak**, tilting the pan to fill the spoon, until steak is cooked through, about 1-2 minutes for medium-rare (or longer for desired doneness).



3. Prep potato seasoning

Finely grate **Parmesan**. Finely chop **1 teaspoon garlic**.

In a medium bowl, mix together **Parmesan**, **garlic**, and **1½ teaspoons Tuscan seasoning**; set aside for step 6.



6. Finish & serve

When **broccoli** and **sweet potatoes** have finished roasting, immediately transfer **sweet potatoes** to **bowl with garlic-Parmesan**; toss to combine. Season to taste with **salt** and **pepper**.

Slice **steaks**, if desired. Serve alongside **sweet potatoes** and **broccoli** with **any remaining butter sauce** spooned over top. Enjoy!