

DINNERLY

Fall Vibes! Seared Steak & Braised Parsnips

with Cranberry-Kale Salad & Garlic Chips



1h



2 Servings

Get ready to soak in all of the "oohhs" and "aaahhs" when you tell everyone that you didn't just cook the vegetables, you **braised** them. We've got you covered!

WHAT WE SEND

- 2 parsnips
- 1 apple
- ¼ oz fresh parsley
- 1 bunch Tuscan kale
- ½ lb pkg sirloin steak
- 1 pkt beef broth concentrate
- 2 (½ oz) whole-grain mustard
- 1 oz maple syrup
- 1 oz dried cranberries

WHAT YOU NEED

- garlic
- olive oil
- apple cider vinegar
- kosher salt & ground pepper
- unsalted butter¹

TOOLS

- microplane or grater
- microwave
- medium ovenproof skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 360kcal, Fat 4g, Carbs 54g, Protein 19g

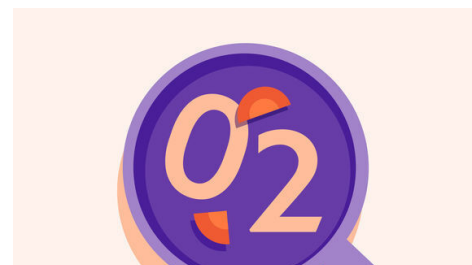


1. Prep ingredients

Preheat oven to 400°F with a rack in the center.

Cut **parsnips** into 2 inch long (¾-inch thick) wedges. Cut **apple** into ¾ inch thick wedges, removing core and seeds. Finely grate ½ **teaspoon garlic** and thinly slice 2 **garlic cloves**.

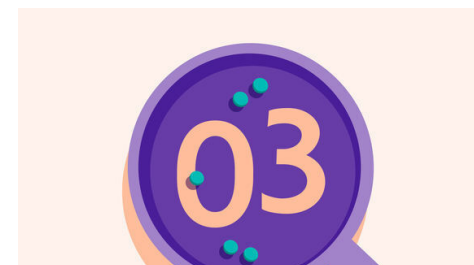
Pick **parsley leaves** from stems and finely chop. Remove **kale leaves** from stems and break into smaller pieces.



2. Make garlic chips

In a large bowl, massage **kale** with 1 **tablespoon oil** until well coated. Set aside for at least 10 minutes.

In a small bowl, cover **sliced garlic** with 3 **tablespoons oil**. Microwave until slices just begin to brown, stirring every 15 seconds, 60—90 seconds total. Transfer garlic to a paper towel to drain and set aside, reserving **garlic oil** in a small bowl.



3. Sear steak & vegetables

Pat **steaks** dry and season with **salt** and **pepper**. Heat 1 **tablespoon oil** in a medium ovenproof skillet over high. Add steaks and sear until just browned, about 1–2 minutes per side. Transfer to a plate.

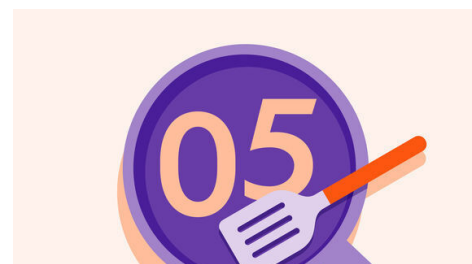
Heat additional 1 **tablespoon oil** over medium-high. Working in batches if necessary, sear **parsnips and apples** until just browned, 1—2 minutes per side.



4. Braise veggies

Add **grated garlic**, **broth packet**, **half the mustard**, ½ **tablespoon maple syrup**, and 1 **cup water** to skillet; bring to a simmer. Transfer to oven; cook until vegetables are tender and sauce is reduced by half, 25–30 minutes.

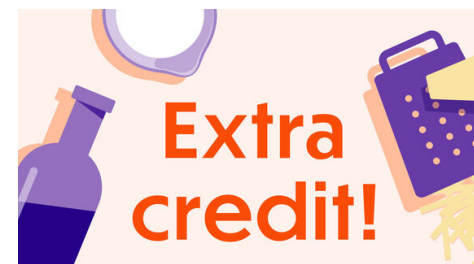
Add **steaks and any resting juices** to skillet; spoon **sauce** over steaks to coat. Return skillet to oven, continue cooking until steaks are medium-rare, 4–5 minutes.



5. Finish salad

To bowl with **garlic oil**, whisk in **remaining mustard**, 1 **tablespoon vinegar**, and ½ **tablespoon maple syrup**.

Add **vinaigrette** and **cranberries** to **kale** and toss; season to taste with **salt** and **pepper**.



6. Serve

Transfer **steaks** to a plate. To **braising liquid**, whisk in **parsley**, 1 **tablespoon butter**, and 1 **teaspoon vinegar**.

Serve **steaks** with **parsnips**, **kale**, and **braising liquid**. Garnish with **garlic chips**. Enjoy!