

# MARLEY SPOON



## **Seared Steak & BBQ Pan Sauce**

with Honey Glazed Vegetables



ca. 20min



2 Servings

Sometimes we just want a fast, simple meal of juicy steak and roasted vegetables, but we need it to be delicious, of course. That's where our pan sauce comes in. We make it with beef stock and barbeque sauce, and it tastes like it has been simmering for hours. We top the seared steaks with crispy fried onions, and serve alongside honey-glazed carrots and green beans. Fast, simple, and delicious? Yes, please.



## What we send

- 1 medium bag carrots
- ½ lb green beans
- 10 oz pkg beef tenderloin
- 1 pkt beef broth concentrate
- 2 oz barbecue sauce
- ½ oz honey
- ½ oz fried onions

## What you need

- olive oil
- kosher salt & ground pepper
- butter <sup>1</sup>

## Tools

- rimmed baking sheet
- medium skillet

## Cooking tip

To serve the most tender slices of steak, slice against the grain (the natural direction of the muscle fibers). Slicing parallel to the grain creates tough slices.

## Allergens

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

## Nutrition per serving

Calories 580kcal, Fat 36g, Carbs 40g, Protein 26g



### 1. Prep veggies

Preheat broiler with a rack in the upper third.

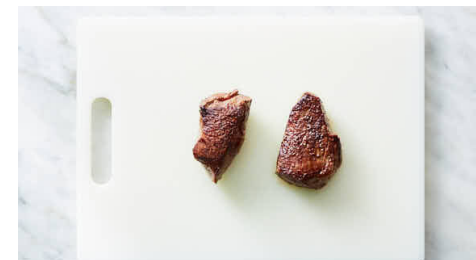
Scrub **carrots**, then cut into ¼-inch slices on an angle.

Trim stem ends from **green beans**.



### 2. Broil veggies

On a rimmed baking sheet, toss **carrots** and **green beans** with **2 tablespoons oil** and **a pinch each of salt and pepper**. Transfer to upper oven rack and broil until tender and well browned, about 10 minutes (watch closely as broilers vary).



### 3. Sear steaks

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



### 4. Make pan sauce

To same skillet, add **1 tablespoon butter** and **¼ cup water**. Bring to a simmer, scraping up bits from the bottom. Stir in **beef broth concentrate** and **barbecue sauce**; bring to a simmer. Reduce heat to low until ready to serve.



### 5. Glaze veggies & finish

Carefully toss **veggies** with **honey** directly on baking sheet.

Thinly slice **steaks** against the grain. Plate **veggies** next to **sliced steak**. Drizzle **steaks** with **barbecue pan sauce** and top with **fried onions**.



### 6. Serve

Enjoy!