

DINNERLY



Lemon-Oregano Steak with Roasted Parsnips



30-40min



2 Servings

There's nothing wrong with being a show-off—but only when you've got something to show. No need to worry, because this steak is dressed to impress. The lemon-oregano marinade gives a brightness and flavor that's hard to forget, and it's served alongside a long underrated vegetable: the almighty parsnip, cooked to golden-brown perfection. Now that's how you make a big impression. We've got you covered!

WHAT WE SEND

- 2 parsnips
- 1 red onion
- 1 lemon
- ¼ oz dried oregano
- 1 pkt crushed red pepper
- ½ lb pkg sirloin steak

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- garlic

TOOLS

- rimmed baking sheet
- medium skillet

ALLERGENS

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

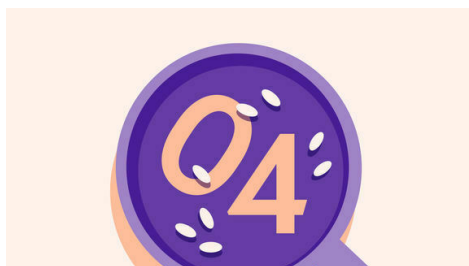
Calories 500kcal, Fat 33g, Carbs 33g, Protein 20g



1. Prep & roast parsnips

Preheat oven to 425°F with a rack in the center. Cut **parsnips** into 2-inch pieces. Halve **onion** and cut lengthwise into ¼-inch wedges. Finely chop **2 teaspoons garlic**. Juice **lemon** into a medium bowl.

On a rimmed baking sheet, toss **parsnips** with **1 tablespoon oil**; season with **salt** and **pepper**. Roast until tender, about 10 minutes.



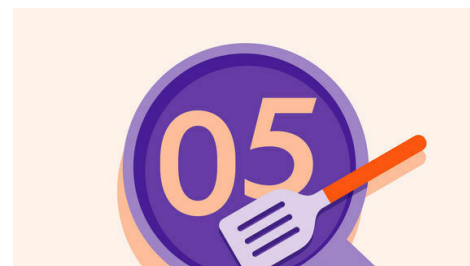
4. Cook steaks

Pat **steaks** dry; season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add steaks; cook until well browned and medium-rare, about 3 minutes per side (or longer for desired doneness). Transfer to bowl with **oregano marinade** and toss to coat; marinate for 5–10 minutes.



2. Make oregano marinade

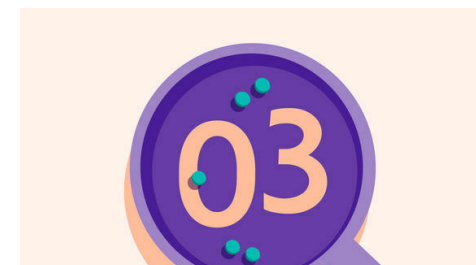
In bowl with **lemon juice**, whisk to combine **chopped garlic**, **2 tablespoons oil**, and **1 teaspoon dried oregano**. Add **¼ teaspoon red pepper flakes** (or add more to taste). Set **marinade** aside for step 4.



5. Finish & serve

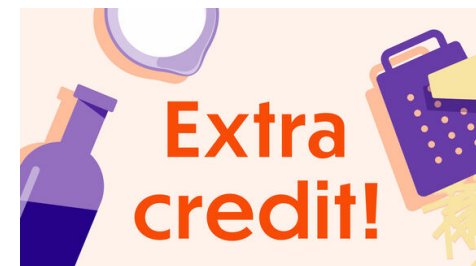
Remove **steaks** from marinade and cut into slices, if desired.

Serve **lemon-oregano steaks** with **roasted parsnips and onions** alongside. Spoon **any remaining marinade** over top. Enjoy!



3. Finish parsnips & onions

Once **parsnips** are tender, remove from oven and scatter **sliced onions** over top; drizzle with **1 teaspoon oil**. Roast on center oven rack until parsnips are golden brown and onions are wilted and charred, 10–15 minutes more.



6. Add a carb

We made this a low-carb meal on purpose, but feel free to add a side of crusty bread to soak up all the delicious marinade and steak juices!