

DINNERLY



Seared Steak with Creamed Corn Gratin & Pan Roasted Zucchini



30-40min



2 Servings

It's corn! We can't imagine a more beautiful thing. Except maybe creamed corn with seared steak and pan roasted zucchini. Yeah, that's a beautiful thing too. We've got you covered!

WHAT WE SEND

- 1 yellow onion
- 2 zucchini
- ¼ oz cornstarch
- 3 (1 oz) sour cream ¹
- 10 oz pkg sirloin steaks
- 5 oz corn
- ¾ oz Parmesan ¹

WHAT YOU NEED

- ¼ cup milk ¹
- sugar
- kosher salt & ground pepper
- unsalted butter ¹
- neutral oil

TOOLS

- microplane or grater
- small ovenproof skillet
- medium heavy skillet (preferably cast-iron)

ALLERGENS

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

NUTRITION PER SERVING

Calories 620kcal, Fat 42g, Carbs 34g, Protein 28g



1. Prep ingredients

Preheat broiler with a rack 6 inches from heating element. Finely chop **half of the onion**. Scrub **zucchini**; cut crosswise into ¾-inch thick rounds. Finely grate **Parmesan**, if necessary.

In a small bowl, whisk **1 teaspoon cornstarch**, **¼ cup milk**, **½ tablespoon sugar**, and **½ teaspoon salt**. Stir in **sour cream**.

Pat **steaks** dry; season all over with **salt** and **pepper**.



2. Begin creamed corn

In a small ovenproof skillet, melt **2 tablespoons butter** over medium heat. Add **onions** and season with **a pinch of salt**. Cook, stirring occasionally, until translucent and softened, 3–4 minutes. Add **corn**; continue cooking until softened, 2–3 minutes. Stir in **sour cream mixture**; cook until bubbling and lightly thickened, 1–2 minutes.



3. Bake creamed corn

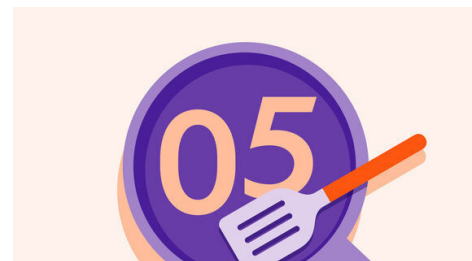
Remove skillet from heat and stir in **half of the Parmesan**; season to taste with **salt** and **pepper**. Smooth into an even layer; sprinkle with **remaining Parmesan**. Broil on top rack until browned and bubbling, 3–5 minutes (watch carefully as broilers vary).



4. Cook steaks

In a medium heavy skillet, heat **1 tablespoon oil** over medium-high. Add **steaks** to skillet 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.

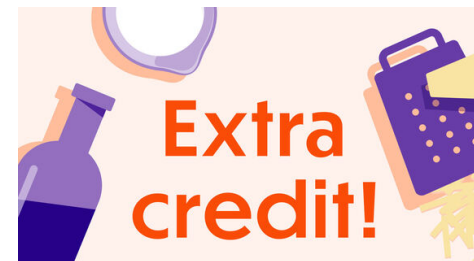
While steak is resting, add **1 tablespoon oil** to same skillet over medium-high heat. Add **zucchini** in a single layer; season with **salt** and **pepper**.



5. Cook zucchini

Cook **zucchini**, undisturbed, until well-browned on the bottom, 3–4 minutes. Flip zucchini and continue cooking until tender, 2–3 minutes more. Season to taste with **salt** and **pepper**; remove from heat.

Thinly slice **steaks**, if desired. Serve with **cream corn** and **zucchini**. Enjoy!



6. Check us out!

Want to see helpful cooking tips, tricks, and bonus Dinnerly content? Follow us on Instagram @dinnerly or TikTok @dinnerlyus for more!