

MARLEY SPOON



? Seared Sirloin Steak & Herb-Caper Sauce

with Sautéed Radishes, Snap Peas & Carrots



30-40min



2 Servings

Don't you love it when a plate tastes as good as it looks? We do! So we upped the flavor factor here, soaking tender pan-roasted steaks and crisped capers in a lemony post-cooking marinade, which turns into a bright and briny sauce. Vibrant red radishes, sugar snap peas, and carrots are a colorful sautéed veggie side—eating the rainbow has never tasted so good!

What we send

- garlic
- 1 lemon
- 4 oz snap peas
- 3 oz carrots
- 1 bag radishes
- ¼ oz fresh parsley
- 10 oz pkg beef tenderloin
- 1 oz capers

What you need

- olive oil
- kosher salt & ground pepper
- butter ¹

Tools

- microplane or grater
- medium skillet

Allergens

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

Nutrition per serving

Calories 370kcal, Fat 25g, Carbs 13g, Protein 24g



1. Prep ingredients

Finely chop **1 teaspoon garlic**. Finely grate **½ teaspoon lemon zest**. Separately, squeeze **1 ½ teaspoons lemon juice** into a medium bowl. Cut any remaining lemon into wedges.

Trim ends from **snap peas**. Scrub **carrot**, then thinly slice on an angle. Scrub **radishes**, then cut into ¼-inch thick wedges. Finely chop **parsley leaves and stems**.



4. Sauté veggies

Heat **2 teaspoons oil** in same skillet over medium-high. Add **carrots, radishes**, and **snap peas**; season with **salt and pepper**. Cook, stirring occasionally, until crisp-tender, 3-4 minutes.



2. Make post-marinade

To bowl with **lemon juice**, add **chopped garlic**, **1 tablespoon oil**, and **1 teaspoon water**; whisk to combine. Season to taste with **salt and pepper**.

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



5. Season veggies

Add **lemon zest** and **½ tablespoon butter** to skillet with **veggies**; stir until butter is melted. Season to taste with **salt and pepper**.



3. Sear steaks

Heat **2 teaspoons oil** in a medium skillet over medium-high. Add **steaks** and cook until browned and medium-rare, about 3-4 minutes per side (or longer for desired doneness). Add **capers** and cook until fragrant, about 30 seconds.

Transfer steaks and capers to bowl with **post-marinade** and turn to coat. Wipe out skillet and return to stove top.



6. Finish & serve

Remove **steaks** from **post marinade** and thinly slice, if desired. Stir **parsley** into post marinade.

Serve **steak** with **any remaining marinade** spooned over top, and with **veggies** and **any lemon wedges** alongside. Enjoy!