

# MARLEY SPOON



## Sirloin Steak & Charred Veggies

with Feta Cheese Crema & Pepita Gremolata



20-30min



2 Servings

If your typical meat and veg dishes are feeling one-note, don't worry—we have a few tricks up our sleeve. Seared steak, roasted broccoli and zucchini are delicious on their own, but we'll make them even better. Top them with a crunchy gremolata made with pumpkin seeds, fried garlic, and lemon zest, then add a creamy feta dip for even more irresistible flavor.



## What we send

- ½ lb broccoli
- 1 zucchini
- 1 oz pumpkin seeds
- ¼ oz pkt toasted sesame seeds <sup>2</sup>
- ½ oz fried onions
- 1 lemon
- 2 oz feta <sup>1</sup>
- 2 (1 oz) sour cream <sup>1</sup>
- 10 oz pkg beef tenderloin

## What you need

- olive oil
- kosher salt & ground pepper

## Tools

- rimmed baking sheet
- medium heavy skillet (preferably cast-iron)
- microplane or grater

## Allergens

Milk (1), Sesame (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 610kcal, Fat 45g, Carbs 19g, Protein 35g



### 1. Prep vegetables

Preheat broiler with a rack in the top position.

Cut **broccoli** into 2-inch florets, if necessary. Scrub **zucchini**, quarter lengthwise, then cut into 2-inch pieces. On a rimmed baking sheet, toss broccoli and zucchini with **1 tablespoon oil**; season with **salt** and **pepper**.



### 4. Make feta cheese crema

In a small bowl, combine **feta** and **half of the sour cream**; mash with a fork until mostly smooth but still chunky.

Stir in **remaining sour cream** and **1 teaspoon water**. Season to taste with **salt** and **pepper**.



### 2. Cook vegetables

Broil **vegetables** on top oven rack until deeply browned in spots, stirring halfway through, 7-10 minutes (watch closely as broilers vary). Let cool until step 6.

Meanwhile, in a medium heavy skillet, toast **pumpkin seeds** over medium-high heat until fragrant and lightly browned, 3-4 minutes. Transfer to a plate; wipe out skillet and reserve for step 5.



### 5. Cook steaks

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



### 3. Make gremolata

Coarsely chop **half of the pumpkin seeds**.

In a small bowl, stir together **chopped and whole pumpkin seeds, sesame seeds, fried onions, and zest from all of the lemon**; lightly season with **salt** and **pepper**.



### 6. Finish & serve

Toss **vegetables** with **2 teaspoons lemon juice, 1 teaspoon oil, half of the gremolata, and any steak resting juices**; season to taste with **salt** and **pepper**. Thinly slice **steak**, if desired.

Serve **steak** over **feta cheese crema** with **charred veggies** alongside. Sprinkle **remaining gremolata** over top. Enjoy!