

MARLEY SPOON



? 20-Min: Steak & Honey-Balsamic Sauce

with Crispy Sweet Potatoes & Kale



ca. 20min



2 Servings

We pack a lot of flavor into this speedy steakhouse dinner, but it's also high in protein and healthy fiber. Nutritious sweet potatoes cook quickly in the microwave before crisping under the broiler alongside iron-rich kale. A sweet and tangy pan sauce complements the tender steak, but it's so good we suspect it will end up on everything. So much flavor in so little time!

What we send

- 2 sweet potatoes
- 1 bunch curly kale
- ½ oz honey
- ¼ oz Dijon mustard
- ¼ oz granulated garlic
- 10 oz pkg beef tenderloin

What you need

- olive oil
- kosher salt & ground pepper
- balsamic vinegar (or red wine vinegar)

Tools

- microwave
- 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 570kcal, Fat 17g, Carbs 69g, Protein 29g



1. Microwave sweet potatoes

Preheat broiler with a rack in the upper third. Scrub **sweet potatoes**, then prick all over with a fork. Rub all over with **oil** and season with **salt** and **pepper**. Place in a microwave-safe dish and microwave on high for 5 minutes. Flip potatoes and microwave until soft and easily pierced through the center with a knife, 3-5 minutes more (watch closely as microwaves vary).



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 and cook until well browned, 3-4 minutes per side for medium-rare (or longer for desired doneness). Transfer to a cutting board to rest.



2. Prep kale & pan sauce

Meanwhile, strip **kale leaves** from stems; discard stems. Tear or chop leaves into bite-sized pieces.

In a small bowl, whisk to combine **honey**, **Dijon mustard**, and **2 tablespoons each of balsamic vinegar and water**.



5. Make pan sauce

Reduce heat to medium, then add **honey-balsamic mixture** to skillet. Cook, scraping up any browned bits, until sauce is thick and glossy, 2-3 minutes. Season to taste with **salt** and **pepper**.



3. Broil potatoes & kale

Once cool to touch, quarter **potatoes**. Transfer to one half of a rimmed baking sheet. Smash gently with spatula or bottom of a cup. Drizzle with **oil** and season with **salt**, **pepper**, and **¾ teaspoon granulated garlic**. On open side, toss **kale** with **2 teaspoons oil**; season with **salt** and **pepper**. Broil until potatoes are crispy and kale is wilted, 5-10 minutes (watch closely).



6. Finish & serve

Thinly slice **steaks**, if desired. Add **any resting juices** from cutting board to **pan sauce**, stirring to combine.

Serve **steak** with **sweet potatoes** and **kale** alongside. Spoon **pan sauce** over **steak**. Enjoy!