

# MARLEY SPOON



## **Sirloin Steak Salad**

with Oregano Vinaigrette



ca. 20min



2 Servings

If there's one thing that will make your salad irresistible, it's a juicy sirloin steak on top. This Mediterranean-inspired bowl makes the most of cool cucumbers and tomatoes, creamy feta, and a herby vinaigrette.

## What we send

- garlic
- ¼ oz dried oregano
- 1 pkt crushed red pepper
- 10 oz pkg beef tenderloin
- 1 plum tomato
- 1 cucumber
- 5 oz baby spinach
- 2 oz feta <sup>1</sup>

## What you need

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

## Tools

- medium skillet

## Allergens

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

## Nutrition per serving

Calories 460kcal, Fat 33g, Carbs 14g, Protein 28g



### 1. Prep ingredients

Finely chop **2 teaspoons garlic**.



### 2. Make marinade

In a medium bowl, combine **garlic, 2 tablespoons each of vinegar and oil, 1 teaspoon oregano, ¼ teaspoon crushed red pepper flakes** (or more, depending on heat preference), and **a pinch each of salt and pepper**.



### 3. Cook steaks

Pat **steak** dry and season all over with **salt** and **pepper**.

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add steaks and cook until browned, 2-3 minutes per side for medium rare (or longer for desired doneness).



### 4. Marinate steaks

Transfer **cooked steaks** to bowl with **marinade** and toss to coat. Set aside to marinate for 4-5 minutes.

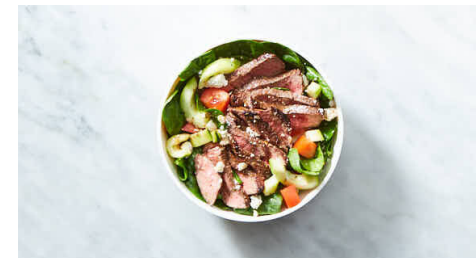


### 5. Assemble salad

While **steaks** marinate, cut **tomato** into 1-inch pieces.

Peel **cucumber**, halve lengthwise and scoop out seeds, then cut crosswise into ½-inch thick half-moons.

Transfer **spinach** to bowls and top with cucumbers and tomatoes.



### 6. Finish & serve

Remove **steaks** from **marinade** (do not discard), then thinly slice.

Place **steak** on top of **salad** and drizzle with **remaining marinade**. Crumble **feta** on top. Enjoy!