

MARLEY SPOON



Grilled Steak with Pesto

& Marinated Zucchini-Green Bean Salad



20-30min



2 Servings

We love a meal that's both delicious and eye-catching. Here we have all of our favorite shades of green—bright and herby pesto, charred zucchini, and green beans. And the grilled steaks are pretty tasty too! Basil pesto does double duty as a marinade and a topping for the steaks, while chopped almonds and freshly grated Parmesan add a delightful texture and flavor to the veggies.

What we send

- ½ lb green beans
- garlic
- 1 oz roasted almonds ²
- 1 zucchini
- ¾ oz Parmesan ¹
- 10 oz pkg beef tenderloin
- 4 oz basil pesto ¹

What you need

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

Tools

- grill or grill pan
- medium saucepan
- box grater

Cooking tip

Heat oil in heavy skillet over medium-high. Cook steaks until browned and medium-rare, 3-4 minutes per side. Broil zucchini on top oven rack until lightly charred and tender, 3-5 minutes.

Allergens

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

Nutrition per serving

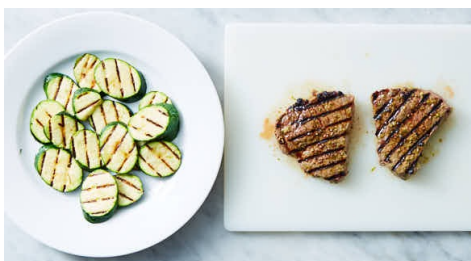
Calories 600kcal, Fat 41g, Carbs 16g, Protein 47g



1. Blanch green beans

Preheat a grill to high, if using. Bring a medium saucepan of **salted water** to a boil.

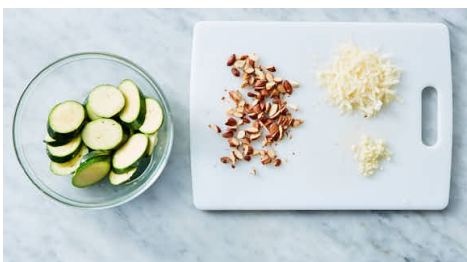
Trim **green beans**, then snap in half. Transfer to boiling water and cook until bright green and just tender, about 3 minutes. Drain green beans well, rinse under cold water, and drain again.



4. Grill zucchini & steaks

Heat grill pan over high, if using. Brush grill grates lightly with **oil**.

Add **zucchini** and **steaks** to grill or grill pan (save bowl for step 5). Reduce heat to medium-high and cook until steaks are well browned and medium-rare, and zucchini is tender, 2-3 minutes per side (or continue to cook steaks longer, if desired).



2. Prep ingredients

Finely chop **½ teaspoon garlic**. Coarsely chop **almonds**. Trim ends from **zucchini**, then cut on an angle into ¼-inch thick ovals.

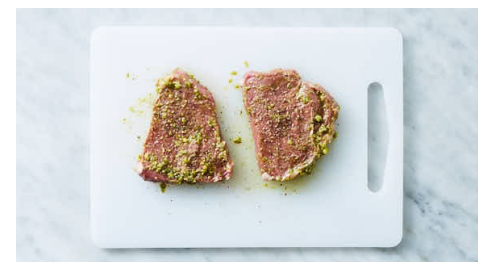
Transfer to a medium bowl and toss with **2 teaspoons oil** and **a pinch each of salt and pepper**. Coarsely grate **Parmesan** on the large holes of a box grater.



5. Assemble salad

In same bowl, combine **chopped garlic**, **2 teaspoons vinegar**, and **a pinch each of salt and pepper**. Whisk in **1 tablespoon oil**.

Add **zucchini** and **green beans** and toss to coat. Season to taste with **salt** and **pepper**.



3. Prep steaks

Pat **steaks** dry, then rub all over with **2 teaspoons basil pesto** and season all over with **salt** and **pepper**.



6. Finish & serve

Just before serving, add **half each of the Parmesan and almonds** to **salad**; stir to combine. Thinly slice **steaks**, if desired, and transfer to plates.

Spread **some of the pesto** on top of each **steak** and garnish with **remaining almonds and Parmesan**. Enjoy!