

MARLEY SPOON



Seared Steak & Ranch Wedge Salad

with BBQ-Spiced Sweet Potato Fries



30-40min



2 Servings

This dish takes a classic meat and potato dinner to the next level. Steak gets a dusting of salt and pepper before being seared in a hot skillet producing a flavorful, crusty exterior. We pair this restaurant-quality steak with zesty barbecue spiced sweet potato fries and a romaine wedge salad drizzled with ranch dressing.

What we send

- 2 sweet potatoes
- ¼ oz BBQ spice blend
- garlic
- 2 scallions
- 2 (1 oz) sour cream¹
- 1 romaine heart
- 10 oz pkg beef tenderloin

What you need

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

Tools

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

Allergens

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

Nutrition per serving

Calories 770kcal, Fat 40g, Carbs 65g, Protein 40g



1. Roast sweet potatoes

Preheat oven to 425°F with a rack in the upper third. Scrub **sweet potatoes**, then halve lengthwise and cut into ½-inch wedges. On a rimmed baking sheet, toss sweet potatoes with **1 tablespoon BBQ spice**, and **2 tablespoons oil**; season with **salt**. Roast on upper oven rack until golden brown and tender, about 25 minutes.



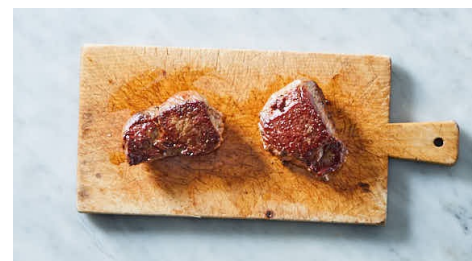
4. Prep steaks

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



2. Prep ingredients

Finely chop **½ teaspoon garlic**. Trim ends from **scallions**, then thinly slice about ¼ cup, keeping dark greens separate.



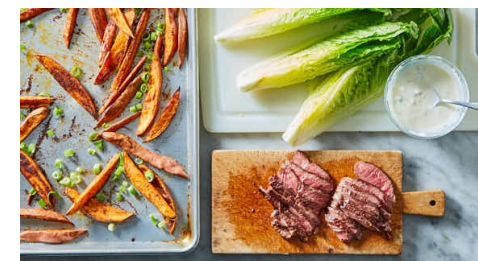
5. Cook steaks

Heat **1 tablespoon oil** in a medium heavy skillet (preferably cast-iron) over medium-high. Add **steaks** and cook until browned all over, 3-4 minutes per side for medium-rare (or longer for desired doneness). Transfer steaks to a cutting board and let rest for 5 minutes.



3. Prep salad

In a small bowl, whisk together **sour cream**, **chopped garlic**, **sliced scallion white and light greens**, **1 tablespoon oil**, **¼ teaspoon salt**, **½ teaspoon each of vinegar and sugar**, and **several grinds of pepper**. Add **1 teaspoon of water**, or more, to make a spoonable sauce. Trim ends from **romaine**, then quarter lengthwise into long spears.



6. Finish & serve

Carefully toss **cooked sweet potatoes** directly on the baking sheet with **remaining sliced scallion dark greens**. Thinly slice **steaks**, if desired. Spoon **some of the ranch dressing** over **romaine wedges**. Serve **steak** and **seasoned sweet potatoes** alongside **romaine** with **remaining ranch** on the side for dipping. Enjoy!