

# MARLEY SPOON



## **?** Pan-Roasted Steak & French Fries

with Caesar Wedge Salad & Buttery Pan Sauce



30-40min



2 Servings

Nothing beats a classic steak and potato dinner, particularly when it comes to crunchy fries! Pro tip: We preheat the baking sheet in the oven, which helps evaporate liquid for perfect browning and caramelization. This method is especially great for oven fries, so the bottoms start to brown and crisp instead of steam. Serve your steak and fries alongside a Caesar wedge salad and don't forget the buttery pan sauce.

## What we send

- 2 potatoes
- 1 romaine heart
- 1 yellow onion
- ¾ oz Parmesan <sup>3</sup>
- 1 pkt Caesar dressing <sup>1,2,3,4</sup>
- ¼ oz Italian seasoning
- 10 oz pkg beef tenderloin

## What you need

- kosher salt & ground pepper
- neutral oil
- butter <sup>3</sup>

## Tools

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

## Allergens

Egg (1), Fish (2), Milk (3), Soy (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 820kcal, Fat 42g, Carbs 58g, Protein 34g



### 1. Parboil potatoes

Preheat oven to 450°F with a rimmed baking sheet placed on a rack in the upper third (see front of recipe for pro tip). Scrub **potatoes**, then cut lengthwise into ¼-inch thick wedges. Place potatoes in a medium pot with enough **salted water** to cover by 1 inch. Cover and bring to a boil. Uncover and cook until barely tender, 5-8 minutes. Drain and return potatoes to pot off heat.



### 4. Pan-roast steaks

Pat **steaks** dry, then season all over with **salt, pepper**, and **2 teaspoons Italian seasoning**. Heat **1 tablespoon oil** in a medium heavy skillet (preferably cast-iron) over medium-high. Add steaks and cook until well browned and medium-rare, 2-3 minutes per side (or longer for desired doneness). Transfer to a cutting board to rest.



### 2. Prep salad & dressing

Halve **lettuce** lengthwise, then cut crosswise into 6 wedges, discarding stem end. Finely chop **½ cup onion**. Finely grate **Parmesan**.

In a medium bowl, stir to combine **all of the Caesar dressing** and **all but 1 tablespoon of the Parmesan**; reserve for step 6.



### 5. Make pan sauce

Add **chopped onions** to same skillet and cook over medium heat, scraping up any browned bits from the bottom, until lightly browned, 1-2 minutes. Add **2 tablespoons butter** and **1 tablespoon each of water and vinegar**. Cook, whisking, until sauce is emulsified and coats the back of a spoon, 1-2 minutes. Immediately, remove from heat. Season to taste with **salt** and **pepper**.



### 3. Roast French fries

Toss **parboiled potatoes** in pot with **2 tablespoons oil** and **a generous pinch each of salt and pepper**. Carefully spread into a single layer on preheated baking sheet. Roast on upper oven rack until fries are golden brown and crisp, flipping potatoes for the last 5 minutes, about 25 minutes total.



### 6. Dress salad & serve

Thinly slice **steaks**, if desired. Serve steak with **fries** and **wedge salad** alongside. Spoon **pan sauce** over steaks. Drizzle **dressing** over **romaine wedges**, then sprinkle with **remaining Parmesan**. Enjoy!