

MARLEY SPOON



Seared Steak & Caramelized Onions

with Garlic Knot Potatoes & Broccoli



30-40min



2 Servings

Not your typical steak and potato dinner-this dish packs a wow factor thanks to tender seared steaks covered in caramelized onions and "garlic knot potatoes." These standout potatoes are roasted until deeply golden brown, then are tossed in garlic butter and topped with Parmesan and fresh parsley.

What we send

- 2 potatoes
- 1 yellow onion
- garlic
- ¾ oz Parmesan ¹
- ¼ oz fresh parsley
- ½ lb broccoli
- 10 oz pkg beef tenderloin
- 1 pkt beef broth concentrate

What you need

- olive oil
- kosher salt & ground pepper
- butter ¹
- red wine vinegar (or white wine vinegar)

Tools

- rimmed baking sheet
- medium skillet
- microplane or grater

Allergens

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

Nutrition per serving

Calories 910kcal, Fat 55g, Carbs 60g, Protein 46g



1. Roast potatoes

Preheat oven to 450°F with a rack in the lower third.

Scrub **potatoes**, then cut into wedges. On a rimmed baking sheet, toss potatoes with **1 tablespoon oil**; season with **salt** and **pepper**. Roast on lower oven rack until deeply golden underneath, 12-15 minutes. Cut **half of the onion** into ¼-inch thick rings (save rest for own use).



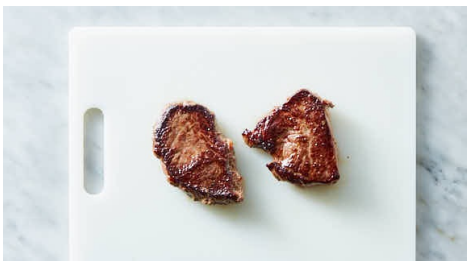
4. Finish vegetables

Flip **potatoes**; push to one half of the baking sheet. Add **broccoli** to empty half; toss with **1 tablespoon oil** and season with **salt** and **pepper**. Roast on lower oven rack until broccoli is tender and browned in spots, and potatoes are golden and crisp, 5-8 minutes. Mash **garlic butter** with a fork to blend. Add garlic butter to baking sheet and toss with potatoes and broccoli.



2. Caramelize onions

Heat **1 tablespoon oil** in a medium skillet over medium. Add **sliced onions**; season with **salt** and **pepper**. Cover and cook until onions are softened, 4-5 minutes. Uncover and cook, stirring, until deeply browned, 6-8 minutes (to prevent onions from sticking, add 1 tablespoon water at a time, as needed). Transfer to a bowl. Wipe out skillet and reserve for step 5.



5. Cook steaks

While **vegetables** roast, pat **steaks** dry; season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in reserved skillet 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 to a cutting board to rest for 5 minutes; return skillet to stove.



3. Prep ingredients

Finely grate **¼ teaspoon garlic** into a small bowl. Finely grate **Parmesan**. Pick and finely chop **parsley leaves**; discard stems.

Add **Parmesan** and **2 tablespoons each of parsley and butter** to bowl with garlic; set aside to soften butter at room temperature. Cut **broccoli** into 1-inch florets, if necessary.



6. Make sauce & serve

To same skillet, add **caramelized onions**, **broth concentrate**, **½ cup water**, **1 tablespoon butter**, and **½ teaspoon vinegar**; bring to boil over medium-high heat. Reduce heat to medium-low; cook, stirring, until slightly reduced, 2 minutes. Serve **steaks** with **onion sauce** spooned on top and with **potatoes** and **broccoli** alongside. Garnish with **remaining parsley**. Enjoy!