

MARLEY SPOON



Chili-Honey Steak & Charred Cauliflower

with Cilantro-Pumpkin Seed Gremolata



30-40min



2 Servings

We love a little sweet heat with our proteins, and this pan sauce brings just that to juicy steaks. The steaks are seared in a hot skillet, then coated with a syrupy mixture of honey, chili powder and lime juice for a delicious balance of sweet and spicy. Cauliflower roasts in the oven, achieving crispy edges but a tender center, before combining with a crunchy gremolata of cilantro and pumpkin seeds.

What we send

- 1 head cauliflower
- garlic
- 1 lime
- ½ oz honey
- ¼ oz chili powder
- ¼ oz fresh cilantro
- 1 oz pumpkin seeds
- 10 oz pkg beef tenderloin

What you need

- olive oil
- kosher salt & ground pepper

Tools

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

Cooking tip

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Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 670kcal, Fat 53g, Carbs 20g, Protein 31g



1. Roast cauliflower

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

Trim stem end from **cauliflower**, then cut crown into florets. Toss on a rimmed baking sheet with **2 tablespoons oil** and **a generous pinch each of salt and pepper**.

Roast on upper oven rack until tender and charred in spots, 15-20 minutes.



4. Cook steaks

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

Heat **2 teaspoons oil** in a medium heavy skillet (preferably cast-iron) over medium-high. Add steaks; cook until browned and medium-rare, 3-4 minutes per side (or longer for desired doneness). Pour **chili-honey pan sauce** over top, scraping up any browned bits from bottom of skillet and turning steaks to coat.



2. Make pan sauce

Meanwhile, finely chop **2 teaspoons garlic**.

Into a medium bowl, squeeze **all of the lime juice**. Add **honey, half of the chopped garlic, 1 tablespoon oil**, and **1 teaspoon chili powder**. Season to taste with **salt** and **pepper**; set aside for step 4.



5. Finish cauliflower

Spoon **gremolata** over **cooked cauliflower** directly on baking sheet; toss to combine.



3. Make gremolata

Coarsely chop **cilantro**. Coarsely chop **pumpkin seeds**.

In a small bowl, stir together **remaining chopped garlic, cilantro, pumpkin seeds**, and **2 tablespoons oil**. Season to taste with **salt** and **pepper**; set aside until step 5.



6. Finish & serve

Thinly slice **steaks**, if desired.

Serve **chili-honey steak** with **pan sauce** spooned over top and **charred cauliflower** alongside. Enjoy!