

# MARLEY SPOON



## Seared Sirloin Steak

with Vegetables & Herb-Mustard Sauce



20-30min



2 Servings

Treat yourself to a juicy steak! For this one, we've employed a speedy trick to amp up the flavor of any steak—rub it with a crushed garlic clove after searing! Zucchini, green beans, and sliced garlic are sautéed in the same skillet for a flavorful, low-carb, high-nutrient side-dish. A creamy Dijon mustard-herb sauce featuring tarragon is perfect for dipping or drizzling over!



## What we send

- garlic
- ½ lb green beans
- 1 zucchini
- ¼ oz fresh tarragon
- 1 lemon
- 2 oz mayonnaise <sup>1,2</sup>
- 10 oz pkg beef tenderloin
- ¼ oz Dijon mustard

## What you need

- olive oil
- kosher salt & ground pepper

## Tools

- medium heavy skillet (preferably cast-iron)

## Allergens

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

## Nutrition per serving

Calories 750kcal, Fat 61g, Carbs 14g, Protein 36g



### 1. Prep veggies

Peel **2 large garlic cloves**. Lightly crush one clove with the side of a knife; thinly slice the second clove. Trim stem ends from **green beans**, then halve crosswise. Trim ends from **zucchini**, then halve lengthwise, and cut crosswise into ¼-inch half-moons.



### 4. Sear steaks

Heat a heavy, medium skillet (preferably cast-iron) over high until very hot. Add **steaks** and cook until browned and medium-rare, 3–4 minutes each side (or longer for thicker steaks). Transfer to a cutting board. Carefully rub steaks with **crushed garlic clove**; season with **a pinch each of salt and pepper**. Let rest for 5 minutes.



### 2. Make herb-mustard sauce

Pick and finely chop **half of the tarragon leaves**, discarding stems (save rest for own use). Squeeze **2 teaspoons lemon juice** into a medium bowl. Add chopped tarragon, **Dijon mustard, mayonnaise, 3 tablespoons oil**, and **1 teaspoon water**; stir to combine. Season to taste with **salt** and **pepper**.



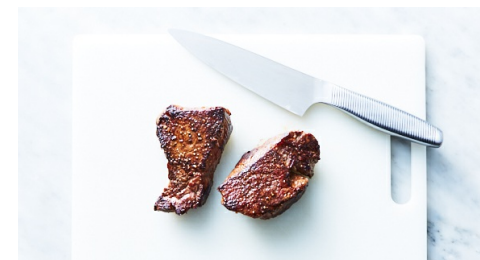
### 5. Cook veggies

Return skillet to stovetop over medium-high heat. Add **beans, zucchini, 2 tablespoons water, 1 tablespoon oil, ¼ teaspoon salt**, and **a few grinds of pepper**. Cover; cook until beans are crisp-tender and zucchini is softened, 3–4 minutes. Uncover; add **sliced garlic**. Cook until garlic is softened, stirring frequently, 1 minute. Season to taste with **salt** and **pepper**.



### 3. Season steaks

Pat **steaks** dry and rub all over with **2 teaspoons oil** and **¼ teaspoon each of salt and pepper**.



### 6. Finish & serve

Thinly slice **steaks**, if desired. Transfer to plates along with **any resting juices**. Serve **steak** with **veggies** and **herb-mustard sauce** on the side for dipping or drizzling over. Enjoy!