

MARLEY SPOON



? 20-Min: Pan-Roasted Steak & Couscous

with Roasted Red Pepper Pesto



ca. 20min



2 Servings

Dinner on the table in 20 minutes—what's better than that? A quick-to-make tender pan-roasted sirloin steak dinner! The key to making a delicious, speedy supper is using flavor-packed ingredients. This plate features fluffy couscous, a fresh salad made from briny Kalamata olives, parsley, and sweet shallots, and pre-made roasted red pepper pesto. The pesto becomes a romesco-like sauce for the steak. It's the perfect bite!

What we send

- 3 oz couscous ²
- 10 oz pkg beef tenderloin
- ½ oz fresh parsley
- 1 oz Kalamata olives
- 1 shallot
- 2 oz roasted red pepper pesto ¹

What you need

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

Tools

- small saucepan
- medium heavy skillet (preferably cast-iron)

Allergens

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

Nutrition per serving

Calories 480kcal, Fat 21g, Carbs 41g, Protein 30g



1. Make couscous

In a small saucepan, bring **½ cup water** and **¼ teaspoon salt** to a boil. Stir in **couscous**, then cover and remove from heat. Let stand, covered, at least 5 minutes. Set aside, covered to keep warm, until ready to serve.



2. Cook steaks

Meanwhile, pat **steaks** dry and season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium heavy skillet (preferably cast-iron) over medium-high. Add steaks and cook until well browned all over and medium-rare, 3-5 minutes per side (or longer for desired doneness).



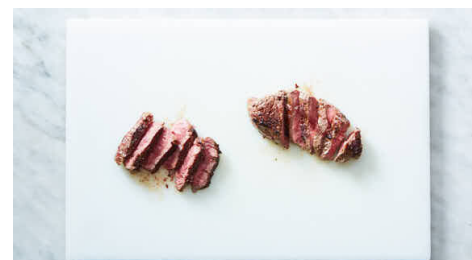
3. Prep salad

While **steaks** cook, pick **parsley leaves** from stems. (Alternatively, coarsely chop parsley leaves and stems together.) Tear or cut **olives** in half, remove any pits if necessary. Thinly slice **half of the shallot** (save rest for own use).



4. Dress salad

Transfer **sliced shallots**, **parsley leaves** (and stems, if using), and **olives** to a small bowl; toss with **a drizzle each of oil and vinegar**. Season to taste with **salt** and **pepper**.



5. Slice steaks

Thinly slice **steaks**, if desired.



6. Serve

Fluff **couscous** with a fork and season to taste with **salt** and **pepper**. Serve **steak** alongside **couscous** and **red pepper pesto**, and top with **parsley and olive salad**. Enjoy!