

# MARLEY SPOON



## **Cook-Out Grilled Sirloin Steak**

with Tomato Panzanella Salad



20-30min



2 Servings

If you don't have a grill or grill pan, preheat the broiler with a rack in the top position. Place bread directly on the oven rack and toast until lightly charred, 1-3 minutes per side (watch closely as broilers vary). Heat 1 tablespoon oil in a large skillet over medium-high, add steaks and cook until well browned and medium-rare, 3-4 minutes per side.



## What we send

- 3 plum tomatoes
- garlic
- 1 red onion
- ¼ oz fresh parsley
- 1 ciabatta roll <sup>1,2</sup>
- 10 oz pkg beef tenderloin
- ¼ oz harissa spice blend

## What you need

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

## Tools

- grill or grill pan

## Allergens

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

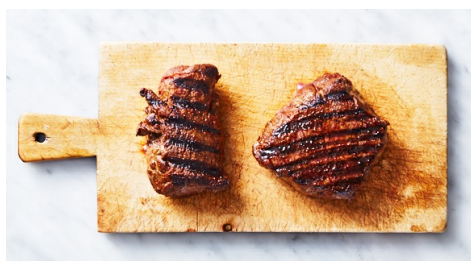
## Nutrition per serving

Calories 430kcal, Fat 20g, Carbs 35g, Protein 28g



### 1. Prep ingredients

Preheat a grill to high, if using. Core **tomatoes**, then cut into 1-inch pieces. Finely chop **1 teaspoon garlic** and reserve **1 large whole clove** for step 5. Thinly slice **¼ cup onion** (save rest for own use). Pick **parsley leaves** from **stems**, then finely chop stems; set aside whole parsley leaves for step 6.



### 4. Grill steaks

Pat **steaks** dry, then rub with **oil** and sprinkle all over with **salt** and **1½ teaspoons harissa spice blend**. Add steaks to grill or grill pan and cook until well browned and medium-rare, 3-4 minutes per side (or longer for desired doneness). Transfer to a cutting board to rest until ready to serve.



### 2. Marinate tomatoes

In a medium bowl, stir to combine **tomatoes, parsley stems, chopped garlic, sliced onions, 2 tablespoons oil**, and **1 tablespoon vinegar**. Season to taste with **salt** and **pepper**. Set tomatoes aside to marinate until step 6.



### 5. Grill ciabatta

Transfer **sliced ciabatta** to grill or grill pan and cook until lightly charred and toasted, 1-3 minutes per side (watch closely). Remove from grill, then rub with **reserved whole garlic clove**. Tear ciabatta into 2-inch pieces.



### 3. Prep ciabatta

Preheat a grill pan over high, if using. Cut **ciabatta** crosswise to make 3 pieces. Brush on both sides with **oil** and season with **salt** and **pepper**.



### 6. Finish & serve

Add **grilled ciabatta pieces** and **whole parsley leaves** to bowl with **marinated tomatoes**; toss to combine. Season to taste with **salt** and **pepper**. Thinly slice **steaks**, if desired. Serve **steak** with **panzanella salad** alongside. Enjoy!