



MARLEY SPOON



20-Min: Seared Steak with Charred Cabbage & Sumac Dressing

 ca. 20min  2 Servings

We're going to let you in on a secret, it's just too good not to share—charred cabbage. We take browning to the next level by broiling thinly sliced green cabbage. This quick-cooking method results in crisp-tender greens with a sweet and smoky char, and it's delightful. The cabbage is the perfect side to pair with pan-roasted steaks and a lemony sour cream.

What we send

- 1 red onion
- 1½ lbs green cabbage
- 10 oz pkg beef tenderloin
- garlic
- 1 lemon
- 2 (1 oz) sour cream ¹
- ¼ oz sumac
- ¼ oz fresh mint
- ¼ oz pkt toasted sesame seeds ²

What you need

- neutral oil
- kosher salt & ground pepper
- sugar

Tools

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

Allergens

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

Nutrition per serving

Calories 420kcal, Fat 24g, Carbs 24g, Protein 26g



1. Prep ingredients

Preheat broiler with a rack in the upper third. Halve and thinly slice **all of the onion**. Transfer ⅓ of the onions to a medium bowl, add enough **cold water** to cover, and set aside to soak until step 5. Halve **cabbage** through the stem, then remove and discard core and outer leaves (save rest for own use). Slice remaining cabbage into ½-inch wide ribbons.



4. Make sauce

Meanwhile, finely chop **1 teaspoon garlic**. Finely grate **half of the lemon zest** and squeeze **¼ of the lemon juice** into a small bowl. Stir in chopped garlic, **all of the sour cream**, **2 teaspoons oil**, **1 teaspoon sumac**, and **a pinch each of salt and sugar**. Season to taste with **salt and pepper**.



2. Char cabbage

Lightly coat a rimmed baking sheet with **oil**. Sprinkle **remaining sliced onions** over baking sheet and spread **cabbage ribbons** over top in an even layer; drizzle with **oil**. Season with **salt and pepper**. Broil on upper oven rack until cabbage is softened and charred in spots, 10-15 minutes (watch closely as broilers vary).



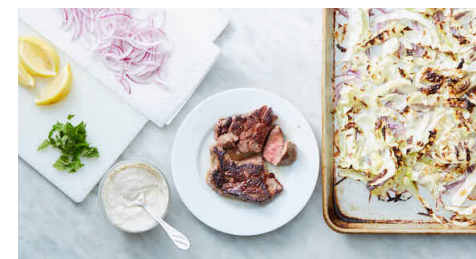
5. Finish prep

Drain water from **remaining onions** and pat very dry. Pick and coarsely tear **mint leaves**; discard stems. Cut **remaining lemon** into wedges.



3. Sear steaks

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 until very hot. Add steaks and cook, turning once, until lightly charred and medium-rare, about 3-4 minutes per side (or longer for desired doneness). Transfer steaks to plates and let rest for 5 minutes.



6. Finish & serve

Thinly slice **steaks**, if desired. Spread **sauce** over plate and top with **charred cabbage and onions**. Sprinkle with **raw onions** and lay steak on top. Garnish with **torn mint leaves**, **toasted sesame seeds**, and **a pinch of sumac**. Serve with **lemon wedges** on the side for squeezing over. Enjoy!