

# MARLEY SPOON



## Seared Sirloin Steak & Herb Salsa

with Roasted Potatoes & Carrots



30-40min



2 Servings

We took the whole 'meat and potatoes' concept to the next level, pairing seared steak with carrots and potatoes and using a Greek roasting technique by adding broth to the sheetpan for extra flavor. We top it all off with a lemony herb salsa, creating the perfect balance of meaty goodness and bright, flavorful kick.



## What we send

- ½ lb fingerling potatoes
- 6 oz carrots
- 1 pkt beef broth concentrate
- ¼ oz fresh parsley
- ¼ oz fresh cilantro
- garlic
- 10 oz pkg beef tenderloin
- 1 lemon

## What you need

- olive oil
- kosher salt & ground pepper

## Tools

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

## Allergens

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

## Nutrition per serving

Calories 670kcal, Fat 34g, Carbs 54g, Protein 35g



### 1. Prep ingredients

Preheat oven to 450°F with a rack in the top position. Scrub **potatoes**, then halve, lengthwise. Scrub **carrots**, cut in half crosswise, then cut into ¼-inch thick wedges.

In a measuring cup or small bowl, combine **beef broth concentrate** with **1 cup warm water**.



### 4. Cook steaks

Heat **2 teaspoons oil** in a medium skillet (preferably cast-iron) over medium-high until very hot. Add **steaks**, and cook, turning once, until lightly charred, 2-3 minutes per side for medium-rare (or longer for desired doneness). Transfer to plates and let rest for 5 minutes.



### 2. Roast potatoes & carrots

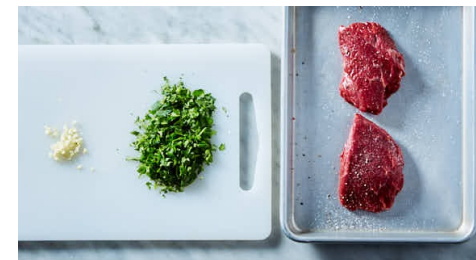
On a rimmed baking sheet, toss **potatoes**, and **carrots**, with **1 tablespoon oil**; season with **salt** and **pepper**. Spread into a single layer and pour **prepared beef broth** over top.

Shake baking sheet lightly to distribute broth evenly. Roast on top oven rack until potatoes and carrots are tender, and broth is nearly evaporated, 15-20 minutes.



### 5. Make herb salsa

Meanwhile, in a medium bowl, combine **chopped herbs**, **chopped garlic**, **1 tablespoon lemon juice**, and **2 tablespoons oil**; season to taste with **salt** and **pepper**.



### 3. Prep herbs & steaks

Meanwhile, coarsely chop **parsley** and **cilantro stems and leaves**. Finely chop ½ **teaspoon garlic**.

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



### 6. Finish & serve

Switch oven to broil. Broil **vegetables** until slightly charred around the edges, about 5 minutes (watch closely as broilers vary). Thinly slice steaks, if desired.

Serve **steaks** with **potatoes** and **carrots** alongside. Pour **any resting juices** from cutting board on top and drizzle **herb salsa** all over. Enjoy!