

# MARLEY SPOON



## **?** Pan-Seared Steak & Parm Potatoes

with Green Beans & Herb Compound Butter



30-40min



2 Servings

There is nothing like an indulgent dinner from your favorite swanky steakhouse —unless it's made in the comfort of your kitchen. We pan-sear tender steaks in a heavy skillet for a savory crust, then smother them in lemon-herb compound butter for a restaurant-quality finish. This steak and potato supper channels the excitement of an upscale dinner, no formal attire needed.



## What we send

- 1 lemon
- ½ oz honey
- ½ oz tamari soy sauce <sup>2</sup>
- 10 oz pkg beef tenderloin
- 12 oz Yukon gold potatoes
- ¾ oz Parmesan <sup>1</sup>
- ½ lb green beans
- ¼ oz fresh thyme

## What you need

- olive oil
- butter <sup>1</sup>
- kosher salt & ground pepper

## Tools

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

## Allergens

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

## Nutrition per serving

Calories 600kcal, Fat 28g, Carbs 52g, Protein 44g



### 1. Marinate steaks

Preheat oven to 450°F with a rack in the lower third. Finely grate **1 teaspoon lemon zest**; separately squeeze **1½ teaspoons juice** into a medium bowl. Cut any remaining lemon into wedges. To bowl with lemon juice, add **honey, tamari**, and **1½ teaspoons oil**; whisk to combine. Pat **steaks** dry, transfer to bowl with marinade, and turn to coat. Set aside, turning once, until step 5.



### 4. Prep green beans & thyme

Meanwhile, bring a medium saucepan of **salted water** to a boil. Trim **green beans**. Pick **1 teaspoon thyme leaves** from **stems**, then finely chop; discard stems. Add green beans to boiling water; cook until crisp-tender, 3-4 minutes. Drain well, then return to saucepan and drizzle with **oil**. Cover to keep warm until ready to serve.



### 2. Prep ingredients

Scrub **potatoes**, then thinly slice into rounds. Place **2 tablespoons butter** in a small bowl and set aside to soften at room temperature until step 6. Finely grate **Parmesan**.



### 5. Cook steaks

Remove **steaks** from marinade; discard marinade. Pat steaks dry and season all over with **salt** and **pepper**. Heat **2 teaspoons oil** in a medium heavy skillet (preferably cast-iron) over medium-heat. Add steaks and cook until deeply browned and medium-rare, 3-4 minutes per side (or longer for desired doneness). Transfer steaks to a cutting board and let rest for 5 minutes.



### 3. Roast potatoes

On a rimmed baking sheet, toss **potatoes** with **2 teaspoons oil**; season generously with **salt** and **pepper**. Roast on lower oven rack until tender and browned in spots, about 20 minutes. Remove from oven, sprinkle with **Parmesan**, and return to oven. Roast until cheese is melted, 2-3 minutes (watch closely as ovens vary).



### 6. Finish & serve

Add **chopped thyme** and **lemon zest** to bowl with **softened butter**. Use a fork to mash to combine. Season with **salt** and **pepper**. Thinly slice **steaks**, if desired, then spread **lemon-thyme butter** over top. Serve **steaks** with **potatoes** and **green beans** alongside, and with **any lemon wedges** for squeezing over. Enjoy!