

MARLEY SPOON



Seared Lemon-Pepper Sirloin Steak

with Kale Caesar & Garlic-Parm Rolls



20-30min



2 Servings

You can forget about the lemon-pepper spice jar that's been sitting in the pantry, because we've freshened up the classic flavor blend by using finely grated lemon zest and coarsely cracked black pepper. The juicy steaks are served alongside (or on top of!) a kale Caesar along with toasted garlic-Parmesan rolls.

What we send

- 1 bunch Tuscan kale
- 1 lemon
- garlic
- 2 (¾ oz) Parmesan ³
- 10 oz pkg beef tenderloin
- 2 Portuguese rolls ⁵
- 1 pkt Caesar dressing ^{1,2,3,4}

What you need

- olive oil
- kosher salt & ground pepper

Tools

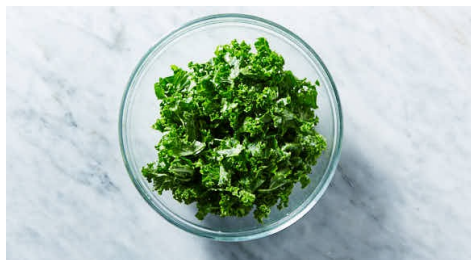
- box grater or microplane
- medium heavy skillet (preferably cast-iron)
- rimmed baking sheet

Allergens

Egg (1), Fish (2), Milk (3), Soy (4), Wheat (5). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 530kcal, Fat 20g, Carbs 28g, Protein 36g



1. Prep kale

Strip **kale leaves** from stems and tear into bite-size pieces, discarding stems.

Place kale in a large bowl with **1 teaspoon oil**, **½ teaspoon salt**, and **a few grinds of pepper**. Using your hands, squeeze and massage the kale until softened, about 10 times.



4. Cook steak

Pat **steaks** dry, rub with **oil**, then coat 1 side with **lemon zest-pepper mixture**. Heat **2 teaspoons oil** in a medium heavy skillet (preferably cast-iron) over medium-high. Add steaks, lemon-pepper side-down; cook until well browned and medium-rare, about 3 minutes per side (longer for thicker steaks). Reduce heat if browning too quickly. Let rest.



2. Prep ingredients

Zest **lemon** into a small bowl. Squeeze **1 tablespoon lemon juice** into a medium bowl. Peel **1 garlic clove**.

To lemon zest, add **¾ teaspoon each salt and coarsely cracked pepper** and combine, rubbing together with fingers to incorporate. Grate **all of the Parmesan** using the large holes of a box grater.



5. Make garlic bread

Preheat broiler with a rack in the top position. Slice **rolls** in half horizontally and place on a baking sheet, cut side-up. Broil until lightly toasted, about 1 minute (watch closely). Rub cut sides with **reserved whole garlic clove**, then drizzle with **oil**. Sprinkle **half of the Parmesan** on top and broil until cheese is melted and bubbling, about 1 minute.



3. Make Caesar dressing

To bowl with **lemon juice** stir in **Caesar dressing**.



6. Dress salad & serve

Toss **kale** with **Caesar dressing** and **remaining Parmesan**, and season to taste with **salt** and **pepper**. Thinly slice **steaks**, if desired.

Serve **steak** and **any accumulated juices** alongside **kale Caesar salad** and **cheesy garlic bread**. Enjoy!