

# MARLEY SPOON



## **Grilled Steak & Romaine Salad**

with Lemon-Parmesan Dressing



20-30min



2 Servings

Keep an eye on the romaine while it's on the grill: you're looking for lightly charred on the outside but still crunchy on the inside. If you don't have a grill, broil the bread and romaine until lightly charred, 1-3 minutes, flipping bread halfway through. Heat 1 tablespoon oil in a large skillet over medium-high, add steaks and cook until well browned and medium-rare, 4-6 minutes per side.



## What we send

- 10 oz pkg beef tenderloin
- 1 romaine heart
- 2 Portuguese rolls <sup>2</sup>
- garlic
- 1 lemon
- ¾ oz Parmesan <sup>1</sup>
- ¼ oz fresh thyme

## What you need

- kosher salt & ground pepper
- olive oil

## Tools

- grill or grill pan
- vegetable peeler
- microplane or grater

## Allergens

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

## Nutrition per serving

Calories 410kcal, Fat 24g, Carbs 22g, Protein 30g



### 1. Season steaks

Preheat grill or grill pan to medium-high. Season **steaks** all over with **salt** and **pepper**.



### 2. Prep romaine & rolls

Halve **romaine** lengthwise through the core, so each half remains intact. Split **rolls** crosswise. Drizzle cut sides of **romaine** and **rolls** with **oil**; season with **salt** and **pepper**.



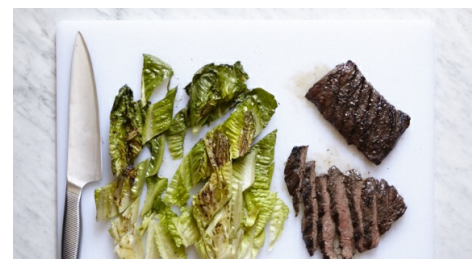
### 3. Grill steaks & romaine

Add **steaks** to grill or grill pan; cook until browned and medium-rare, 3-4 minutes per side (or longer for desired doneness). Transfer to a cutting board. Add **romaine** to grill and cook until lightly charred, 2 minutes per side. Transfer to plates. Add **rolls** to grill, cut side down, and cook until toasted, 1-2 minutes per side. Rub cut sides of rolls with **1 peeled garlic clove**.



### 4. Make dressing

Finely grate **all of the lemon zest** and squeeze **all of the lemon juice** into a small bowl. Use a vegetable peeler to shave **⅓ of the Parmesan** into strips; reserve for serving. Finely grate remaining Parmesan into bowl with lemon. Pick and finely chop **1 teaspoon thyme leaves**. Add to bowl along with **2 tablespoons oil**; whisk to combine. Season to taste with **salt** and **pepper**.



### 5. Slice steaks & romaine

Thinly slice **steaks**. Cut **romaine** into large pieces on an angle; discard stem end.



### 6. Serve

Spoon **some of the dressing** onto plates, then top with **romaine** and **steak**. Drizzle with **remaining dressing** and sprinkle **reserved shaved Parmesan** over top. Serve **grilled rolls** alongside. Enjoy!