



🔍 Harissa-Spiced Steak

with Roasted Parsnips & Green Beans



30-40min



2 Servings

Meaty steaks are seasoned with harissa spice blend and seared to create a flavorful crust, then they are zhuzhed up with a quick and easy garlic-lemon compound butter. But you might be surprised to find that the oven-roasted green beans and parsnips are the crisp and delicious stars of this show! A squeeze of lemon over the top takes all of the succulent flavors to the next level.

What we send

- 2 parsnips
- ½ lb green beans
- 1 shallot
- garlic
- 1 lemon
- 10 oz pkg beef tenderloin
- ¼ oz harissa spice blend

What you need

- butter ¹
- olive oil
- kosher salt & ground pepper

Tools

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

Allergens

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

Nutrition per serving

Calories 610kcal, Fat 36g, Carbs 36g, Protein 37g



1. Prep vegetables

Preheat oven to 450°F with a rack in the upper third. Peel and trim ends from **parsnips**, then cut into ¼-inch thick wedges. Trim stem ends from **green beans**. Take **2 tablespoons butter** out of the refrigerator to soften.



2. Roast vegetables

On a rimmed baking sheet, toss **green beans** and **parsnips** with **1½ tablespoons oil**; season with **salt** and **pepper**. Roast on upper oven rack until vegetables are tender and browned in spots, stirring halfway through, about 20 minutes.



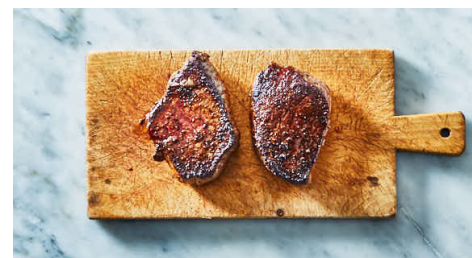
3. Prep ingredients

While **vegetables** cook, peel and finely chop **¼ cup shallot**. Peel and finely grate **½ teaspoon garlic** into a small bowl. Into the same bowl, finely grate **all of the lemon zest** and squeeze in **1 teaspoon lemon juice**. Cut any remaining lemon into wedges.



4. Make garlic-lemon butter

Add **softened butter** to the bowl with **garlic-lemon mixture**; using a fork, mash to combine ingredients and season to taste with **salt** and **pepper**. Pat **steaks** dry, rub both sides lightly with **oil**, and season all over with **1½ teaspoons of the harissa spice**, **salt**, and **a few grinds of pepper**.



5. Cook steaks

Heat **1 tablespoon oil** in a medium heavy skillet (preferably cast-iron) over medium-high. Add **steaks** and cook until browned all over, 3–4 minutes per side for medium-rare. Transfer to a cutting board and let rest for 5 minutes.



6. Finish & serve

Warm **vegetables** on upper oven rack, if necessary, then toss directly on baking sheet with **chopped shallots** and **half of the garlic-lemon butter**. Top each **steak** with **remaining butter**, allowing it to melt all over steak, creating a sauce. Thinly slice **steak**, if desired. Serve **steak** alongside **vegetables**, with **any lemon wedges** for squeezing over the top. Enjoy!