

# MARLEY SPOON



## Steak & Roasted Fall Veggie Frites

with Savory Mustard Pan Sauce



20-30min



2 Servings

We're turning tonight's dinner into a restaurant-worthy dinner. When it comes to cooking the perfect steak, it's all about a hot, heavy skillet and plenty of salt and pepper on the meat. We pair the juicy seared steaks with a creamy pan sauce and a side of roasted carrots, parsnips, and green beans. Roasting the veggies brings out the sweetness and adds a crisp-tender bite. It's the perfect steakhouse plate!

## What we send

- 3 oz carrots
- 1 parsnip
- ½ lb green beans
- ¼ oz fresh parsley
- 1 oz cream cheese<sup>2</sup>
- 10 oz pkg sirloin steaks
- 1½ oz pkt Worcestershire sauce<sup>1</sup>
- ¼ oz Dijon mustard

## What you need

- olive oil
- all-purpose flour (or gluten-free alternative)
- kosher salt & ground pepper
- butter<sup>2</sup>

## Tools

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

## Allergens

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

## Nutrition per serving

Calories 510kcal, Fat 29g, Carbs 35g, Protein 26g



### 1. Prep ingredients

Preheat oven to 450°F with a rack in the center. Place a rimmed baking sheet on center rack to preheat. Scrub **carrots** and **parsnip**, then cut into 2-inch long fries (about ¼-inch thick). Trim stem ends from **green beans**. Pick and coarsely chop **parsley leaves**; discard stems. Set **cream cheese** out to soften at room temperature until step 5.



### 4. Sear steaks

Pat **steaks** dry and season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium heavy skillet (preferably cast-iron) over medium-high. Add steaks and cook until well browned and medium rare, 3–4 minutes per side (or longer for desired doneness). Transfer to a cutting board to rest. Reduce skillet heat to medium.



### 2. Season veggie frites

In a medium bowl, toss **carrots**, **parsnips**, and **green beans** with **2 tablespoons oil** and **1 tablespoon flour**. Season with **salt** and **pepper**.



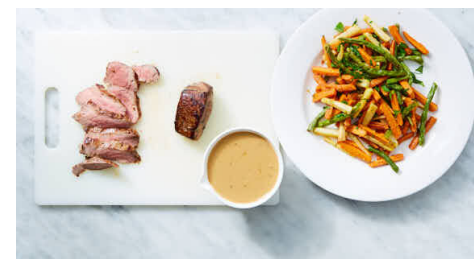
### 3. Roast veggie frites

Carefully transfer **seasoned veggies** to preheated baking sheet and spread to an even layer. Roast on center oven rack until, flipping veggies halfway through, veggies are deeply browned and slightly crisp, 15–20 minutes total. Carefully toss roasted veggies with **half of the chopped parsley**.



### 5. Make pan sauce

Immediately add **1 tablespoon butter** and **1 teaspoon flour** to same skillet. Cook, stirring, until flour is lightly toasted, about 30 seconds. Add **Worcestershire sauce** and **½ cup water**. Bring to a simmer. Cook until slightly thickened, about 1 minute. Whisk in **softened cream cheese** and **½ teaspoon Dijon** until combined. Season to taste with **salt** and **pepper**.



### 6. Finish & serve

Thinly slice **steaks**, if desired. Serve **steak** with **pan sauce** spooned over top with **veggie frites** alongside and garnish with **remaining chopped parsley**. Enjoy!