



Butter Basted Steak

with Parmesan Roasted Vegetables & Herb Aioli



20-30min



2 Servings

Butter basting is a simple technique that will make you a hero in the kitchen. Here, we start with steaks searing in a hot skillet. Just before they're done cooking, we add crushed garlic, a dollop of butter, and a splash of vinegar. The butter melts, and the combined pan juices are continuously spooned over the meat, infusing it with mouth-watering flavor.

What we send

- 1 yellow squash
- ½ lb green beans
- ¾ oz piece Parmesan ⁷
- 2 sirloin steaks
- steak seasoning (use 1½ tsp)
- garlic (use 2 large cloves)
- ¼ oz fresh parsley
- 2 oz mayonnaise ^{3,6}

What you need

- olive oil
- kosher salt & ground pepper
- apple cider vinegar (or red wine vinegar)
- butter ⁷

Tools

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

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Egg (3), Soy (6), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 730kcal, Fat 57g, Carbs 16g, Proteins 40g



1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third. Trim ends from **squash**; cut in half crosswise, then cut each half into ½-inch strips. Trim **green beans**. Finely grate **Parmesan**. Pat **steaks** dry, then season all over with **1½ teaspoons steak seasoning**. Finely grate **¼ teaspoon garlic** into a small bowl. Smash **1 large garlic clove**.



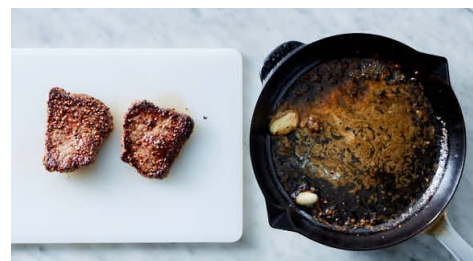
4. Make aioli

While **steaks** cook, pick and finely chop **parsley leaves**, discarding stems. To the small bowl with **grated garlic**, add **mayo** and **1 teaspoon of the chopped parsley**, stirring to combine. Season to taste with **salt and pepper**.



2. Roast vegetables

On a rimmed baking sheet, toss **squash** and **green beans** with **1½ tablespoons oil**; season with **salt and pepper**. Spread into an even layer, then sprinkle **Parmesan** all over vegetables. Roast on upper oven rack until vegetables are tender, 10-12 minutes.



5. Baste steaks

Add **smashed garlic**, **1 tablespoon vinegar**, and **2 tablespoons butter** to skillet with **steaks** and stir until melted. Tilt skillet toward you so butter pools at the edge. Using a large spoon, baste the steaks continually with butter until they turn deep golden brown, about 1 minute more. Transfer steaks to a cutting board to rest.



3. Cook steaks


While **vegetables** roast, heat **2 teaspoons oil** in a heavy medium skillet (preferably cast-iron) over medium-high. Add **steaks** and cook until lightly charred and medium-rare, 3-4 minutes per side.



6. Finish vegetables & serve

Remove **vegetables** from oven and switch oven to broil. Return vegetables to upper oven rack and broil until browned in spots, 1-2 minutes (watch closely as broilers vary). Thinly slice **steaks**, if desired, and drizzle all over with **pan drippings**. Serve **steaks** alongside **Parmesan vegetables** with **aioli** on the side for dipping. Garnish with **remaining parsley**. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

View the recipe online by visiting your account at marleyspoon.com     **#marthaandmarleyspoon**