



## Pineapple-Soy Marinated Steak

with Sesame Beets



30-40min



2 Servings

The combination of tamari and pineapple is heavenly when used as a marinade for steak. Make sure to pat steaks dry before adding to the skillet so they get a beautiful sear; the marinade goes in a few minutes later to thicken and coat the steaks. Alongside, golden beets get tossed in a ginger-sesame dressing along with their green tops—an excellent source of fiber and antioxidants. Cook, relax,...

## What we send

- pineapple juice
- golden beets with tops
- sirloin steak
- fresh ginger
- rice vinegar
- toasted sesame oil <sup>11</sup>
- black sesame seeds

## What you need

- coarse salt
- freshly ground black pepper

## Tools

- large skillet

**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

Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 500kcal, Fat 21g, Carbs 31g, Proteins 41g



### 1. Marinate steak

Combine pineapple juice and tamari in a shallow dish. Add steak and turn to coat. Marinate at room temperature, 15 minutes.



### 2. Prep beets & greens

Meanwhile, slice beets ¼-inch thick; rinse beet greens to remove any grit. Peel ginger and thinly slice half. Finely chop remaining half of ginger and place in a large bowl with vinegar and sesame oil; season dressing with salt and pepper.



### 3. Steam beets and greens

Place sliced ginger in a medium pot with 1-inch water. Bring to a simmer and add beets. Cover, reduce heat to medium-low, and steam until almost tender, 5 minutes. Add greens, cover, and continue to steam until beets and greens are tender, 2-3 minutes more. Drain then add beets and greens to dressing. Season with salt and pepper and toss to combine.



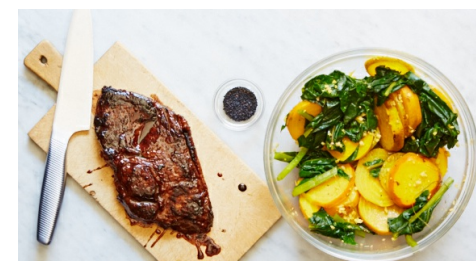
### 4. Sear steak

Remove steak from marinade (reserve marinade) and pat dry. Heat 1 tablespoon oil in a large heavy skillet over medium-high. When oil is shimmering, season steak with salt and pepper and add to skillet. Cook, turning once, until deeply browned, about 2 minutes per side. Turn steak up on either side to brown the edges, another minute or so per edge.



### 5. Reduce marinade

Add reserved marinade to skillet (it will sizzle vigorously) and continue to cook, turning steak to coat, until glazed, 30 seconds-1 minute. Transfer steak to a board to rest and reserve any sauce in skillet.



### 6. Serve

Slice steak against the grain, pouring any sauce over top. Serve with beets and greens, sprinkled with sesame seeds. Enjoy!