



Low-Carb Steak Tagliata

with Arugula, Parm & Toasted Almonds



20-30min



2 Servings

Tagliata is a popular way to serve steak in Italy—and it couldn't be more simple (or delicious). Here, we don't stray far from tradition; the meat is marinated in garlic, olive oil, black pepper, and lemon zest, then seared. The flavorful steak comes with a peppery arugula salad studded with almonds, Parmesan, and toasty bread on the side.

What we send

- garlic
- 1 lemon
- 10 oz sirloin steaks
- 1 oz sliced almonds ¹⁵
- ¼ oz Italian seasoning
- 2 mini French rolls ¹
- 3 oz arugula
- ¾ oz grated Parmesan ⁷

What you need

- olive oil
- kosher salt & ground pepper
- sugar
- butter ⁷

Tools

- microplane or grater
- medium skillet
- rimmed baking sheet

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

Wheat (1), Milk (7), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 790kcal, Fat 58g, Carbs 26g, Proteins 44g



1. Prep ingredients

Preheat oven to 425°F with a rack in the center. Finely chop **1 teaspoon garlic**. Finely grate **1 teaspoon lemon zest** into a medium bowl, then squeeze **2 tablespoons lemon juice** into a second medium bowl. Cut any remaining lemon into wedges.



2. Marinate steaks

Add **chopped garlic, 1 tablespoon oil**, and a **generous pinch each of salt and pepper** to bowl with **lemon zest** and stir to combine. Pat **steaks** dry; add to bowl and poke with a fork several times. Rub marinade into steaks and set aside until step 5.



3. Prep dressing & almonds

Add **2 tablespoons oil** and a **pinch of sugar** to bowl with **lemon juice**; whisk to combine. Season to taste with **salt**. Reserve **2 tablespoons of the dressing** in a small bowl. Heat **almonds** in a medium skillet over medium-high. Cook, shaking occasionally, until toasted and fragrant, 3-5 minutes (watch closely); transfer to medium bowl with dressing. Reserve skillet for step 5.



4. Season oil & toast bread

In a small bowl, combine **½ teaspoon Italian seasoning** and **1½ tablespoons oil**; season with **salt** and **pepper**. Cut 4 slices into each **roll** crosswise, stopping halfway down (don't cut through). Place rolls on a foil-lined rimmed baking sheet; brush tops and inside of slices with **seasoned oil**. Bake on center oven rack until toasted, about 5 minutes (watch closely as ovens vary).



5. Sear steaks & dress salad

Scrape and discard marinade from **steaks**. Heat **1 tablespoon oil** in reserved skillet over medium-high. Add steaks and cook until browned all over and medium-rare, 3-4 minutes per side (or longer for desired doneness). Place steaks on a cutting board to rest. Add **arugula** to medium bowl with **almonds and dressing**; toss to combine.



6. Make pan sauce & serve

Add **reserved dressing, 1 tablespoon water**, and **1 tablespoon butter** to same skillet over medium-low. Cook, whisking, until butter is melted, 1-2 minutes; remove from heat. Thinly slice **steaks**, if desired. Serve **steaks** with **pan sauce** spooned on top. Top **arugula salad** with **Parmesan**, and serve alongside. Pass **crusty bread** and any **lemon wedges** at the table. Enjoy!