



## Low Carb Seared Steak & Herb-Caper Sauce

with Sautéed Spring Vegetables



30-40min



2 Servings

Don't you love it when a plate tastes as good as it looks? We do! So we upped the flavor factor here, soaking tender pan-roasted steaks and crisped capers in a lemony post-cooking marinade, which turns into a bright and briny sauce. Vibrant red radishes, sugar snap peas, and carrots are a colorful sautéed veggie side—eating the rainbow has never tasted so good!



## What we send

- garlic
- 1 lemon
- 4 oz snap peas
- 4 oz carrot
- 4 oz red radishes
- ¼ oz fresh parsley
- 10 oz sirloin steaks
- 1 oz capers <sup>12</sup>

## What you need

- olive oil
- kosher salt & ground pepper
- butter <sup>7</sup>

## Tools

- microplane or grater
- medium 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

Milk (7), Sulphur dioxide and sulphites (12). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### Nutrition per serving

Calories 420kcal, Fat 26g, Carbs 14g, Proteins 36g



### 1. Prep ingredients

Finely chop **1 teaspoon garlic**. Finely grate **½ teaspoon lemon zest**, then squeeze **1½ teaspoons lemon juice**, keeping juice and zest separate. Cut any remaining lemon into wedges. Trim ends from **snap peas**. Scrub **carrot**, then thinly slice on an angle. Scrub **radishes**, then cut into ¼-inch thick wedges. Finely chop **parsley leaves and stems**.



### 4. Sauté veggies

Heat **2 teaspoons oil** in same skillet over medium-high. Add **carrots, radishes**, and **snap peas** and season with **salt** and **pepper**. Cook, stirring occasionally, until crisp-tender, 3-4 minutes.



### 2. Make post-marinade

In a medium bowl, combine **lemon juice, garlic, 1 tablespoon oil**, and **1 teaspoon water**. Season to taste with **salt** and **pepper**. Pat **steaks** dry, then season all over with **salt** and **pepper**.



### 5. Season veggies

Add **lemon zest** and **½ tablespoon butter** to skillet with **veggies**; stir until butter is melted. Season to taste with **salt** and **pepper**.



### 3. Sear steaks

Heat **2 teaspoons oil** in a medium skillet over medium-high. Add **steaks** and cook until browned and medium-rare, 3-4 minutes per side (or longer for desired doneness). Add **capers** to skillet and cook until fragrant, about 30 seconds. Transfer steaks and capers to bowl with **post-marinade** and turn to coat. Wipe out skillet and return to stove top.



### 6. Finish & serve

Thinly slice **steaks**, if desired. Stir **parsley** into **post-marinade**. Serve **steak** with **any remaining marinade** spooned over top, and with **veggies** and **any lemon wedges** alongside. Enjoy!