

Steaks & Warm Lemon Salsa Verde

with Roasted Sweet Potato & Broccoli

TIME: 35-45 minutes

SERVINGS: 2

This recipe has been approved by Whole30®. To learn more about their guidelines, visit [Whole30.com](https://www.whole30.com).

We're partnering with Whole30® to bring you the third of eight weeks of delicious recipes. Pan-seared steaks and roasted winter vegetables get bright, aromatic flavor from a warm salsa verde made with lemon, garlic, shallot, and parsley.

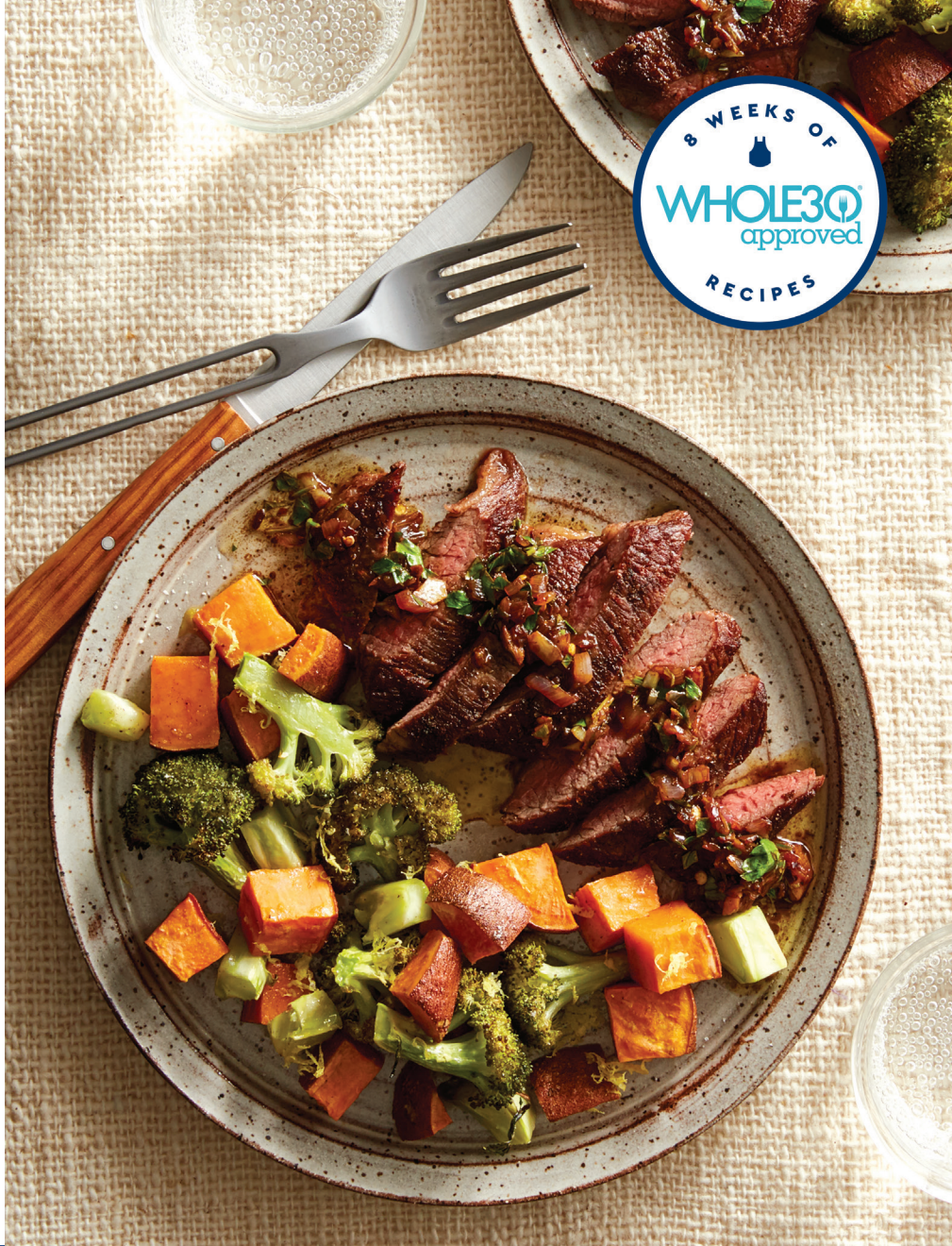


MATCH YOUR BLUE APRON WINE



Bold & Spicy

Whole30® guidelines do not permit alcohol consumption.



Ingredients



2
STEAKS



1
SWEET POTATO



½ lb
BROCCOLI



2 cloves
GARLIC



1
LEMON



1 bunch
PARSLEY

KNICK KNACKS:



1
SHALLOT



¼ tsp
CRUSHED RED
PEPPER FLAKES

Did You Know?
Shallots have a milder, sweeter flavor than onions, their relatives.



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1 Prepare & roast the vegetables:

- ☐ Place an oven rack in the center of the oven, then preheat to 450°F.
- ☐ Wash and dry the fresh produce.
- ☐ Medium dice the **sweet potato**. Cut off and discard the bottom ½ inch of the **broccoli** stem; cut the broccoli into small pieces, keeping the florets intact.
- ☐ Place the vegetables on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to coat. Arrange in an even layer.
- ☐ Roast 21 to 23 minutes, or until lightly browned and tender when pierced with a fork. Remove from the oven.



2 Prepare the remaining ingredients:

- ☐ While the vegetables roast, peel and finely chop the **shallot**. Peel and roughly chop the **garlic**.
- ☐ Using a peeler, remove the yellow rind of the **lemon**, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon.
- ☐ Finely chop the **parsley** leaves and stems.

3 Cook the steaks:

- ☐ While the vegetables continue to roast, pat the **steaks** dry with paper towels; season with salt and pepper on both sides.
- ☐ In a medium pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned steaks and cook 3 to 5 minutes per side for medium-rare, or until browned and cooked to your desired degree of doneness.
- ☐ Leaving any browned bits (or fond) in the pan, transfer to a cutting board and let rest for at least 5 minutes.



4 Make the salsa verde:

- ☐ While the steaks rest, add 2 tablespoons of olive oil to the pan of reserved fond and heat on medium-high until hot. Add the **chopped shallot and garlic**; season with salt and pepper. Cook, stirring frequently and scraping up any fond, 1 to 2 minutes, or until slightly softened and fragrant.
- ☐ Turn off the heat. Stir in the **chopped parsley, the juice of all 4 lemon wedges** (be careful, as the liquid may splatter), and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper to taste.



5 Finish & serve your dish:

- ☐ Top the **roasted vegetables** with the **lemon zest**; carefully toss to combine.
- ☐ Find the lines of muscle (or grain) on the **rested steaks**; thinly slice crosswise against the grain.
- ☐ Serve the sliced steaks with the finished vegetables. Top the steaks with the **salsa verde**. Enjoy!