



## 20-Min: Seared Steak & BBQ Pan Sauce

with Honey Glazed Vegetables



ca. 20min



2 Servings



### What we send

- 10 oz pkg sirloin steaks
- 2 oz barbecue sauce
- 1 pkt beef broth concentrate
- 4 oz green beans
- ½ lb rainbow carrots
- ½ oz honey
- ½ oz fried shallots (onions) <sup>6</sup>

### What you need

- kosher salt & ground pepper
- olive oil

### Tools

- medium skillet
- rimmed baking sheet

### Allergens

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

### Nutrition per serving

Calories 0kcal



#### 1. Prep ingredients

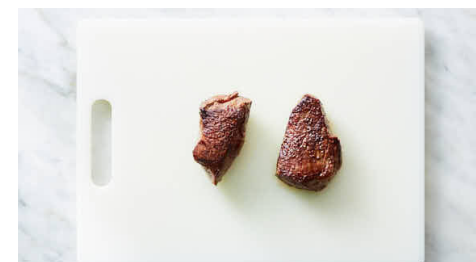
Preheat broiler to high with rack in upper third.

Cut carrots into ¼-inch thick rounds on a bias.



#### 2. Broil veggies

Transfer string beans and carrots to rimmed baking sheet. Toss with 2 tablespoons oil and a pinch each of salt and pepper. Transfer to upper oven rack and cook until tender and well browned, about 10 minutes.



#### 3. Sear steaks

Pat steaks dry and season all over with salt and pepper. Heat 1 tablespoon oil in medium skillet over medium high. Add steaks and cook until well browned, 2-4 minutes per side. Transfer to cutting board to rest while sauce cooks.



#### 4. Make pan sauce

To same skillet, add 1 tablespoon butter and ¼ cup water. Bring to a simmer, scraping up bits from the bottom of the pan. Add beef broth and barbecue sauce; bring to a simmer, stirring. Reduce heat to low until serving.



#### 5. Glaze veggies

Toss veggies with honey directly on sheet tray.



#### 6. Serve

Slice steaks against the grain. Plate veggies next to sliced steak. Drizzle barbecue pan sauce over the steak and top with fried shallots. Enjoy!