

DINNERLY



Low-Carb Honey-Dijon Glazed Steak with Brown Butter Green Beans & Carrots



20-30min



2 Servings

No need to make that reservation you've been thinking about. We're bringing the restaurant-quality steak dinner to you! Tender ranch steaks smothered in sweet and tangy honey-Dijon mustard with sautéed brown butter green beans and carrots, right to your doorstep. We've got you covered!

WHAT WE SEND

- 4 oz green beans
- 1 carrot
- ½ oz honey
- 1 pkt Dijon mustard ¹⁷
- ½ lb pkg ranch steak

WHAT YOU NEED

- balsamic (or white wine vinegar) ¹⁷
- butter ⁷
- kosher salt & ground pepper
- olive oil

TOOLS

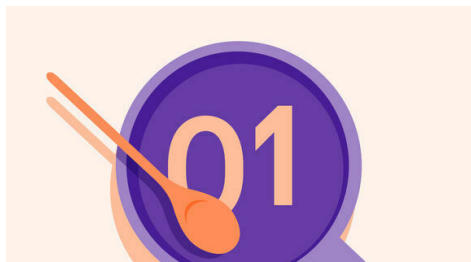
- medium skillet

ALLERGENS

Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

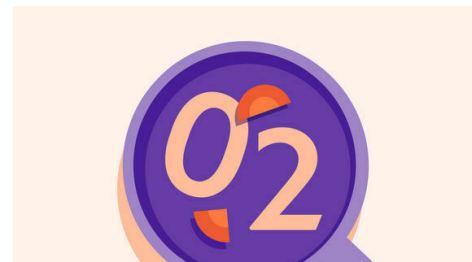
Calories 460kcal, Fat 31g, Carbs 18g, Proteins 25g



1. Prep ingredients & sauce

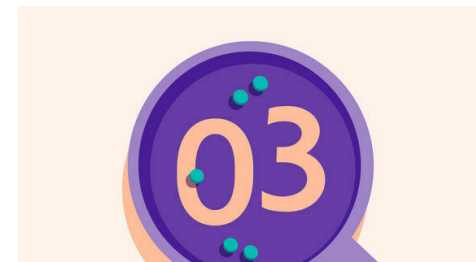
Trim ends from **green beans**. Scrub **carrot**, then trim ends, halve lengthwise, and cut on an angle into ¼-inch thick pieces.

In a small bowl, whisk together **honey**, **Dijon**, and 1½ **tablespoons each of vinegar and water**. Set aside until step 5.



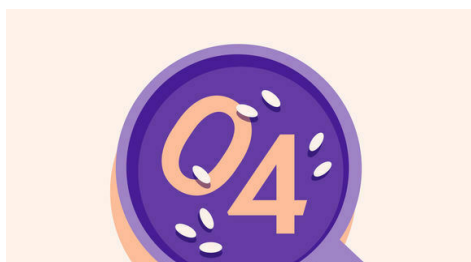
2. Sauté beans & carrots

Melt 1 **tablespoon butter** in a medium skillet over medium-high heat. Add **green beans** and **carrots**; season with **salt** and **pepper**. Cook, stirring, until veggies are coated in butter, about 1 minute. Add 2 **teaspoons water**, then cover and cook until crisp-tender, 3–4 minutes. Transfer to a bowl and cover to keep warm.



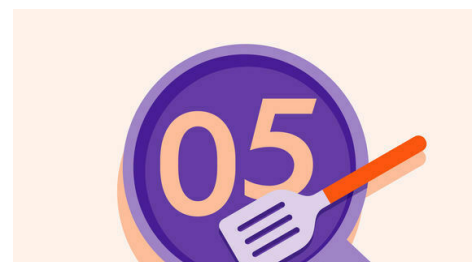
3. Prepare brown butter

Heat 2 **tablespoons butter** in same skillet over medium-high; cook, swirling occasionally, until butter smells nutty and brown flecks appear, 3–4 minutes (watch closely as it can burn quickly). Remove from heat and pour over **veggies**; season with **salt** and **pepper**. Toss well to coat; cover to keep warm until ready to serve.



4. Cook steaks

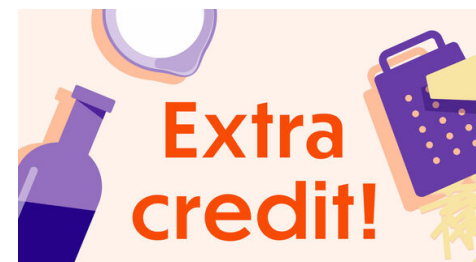
Pat **steaks** dry, then season all over with **salt** and **pepper**. Heat 2 **teaspoons oil** in same skillet over medium-high. Cook steaks until well browned and medium-rare, 2–3 minutes per side (or longer for desired doneness). Transfer to a cutting board to rest for 5 minutes.



5. Finish & serve

Heat **honey-Dijon sauce** in same skillet over medium. Cook, scraping up any browned bits from bottom of skillet, until **sauce** is thick and glossy, about 1 minute. Remove from heat. Stir in **any resting juices** from cutting board; season to taste. Thinly slice **steaks**, if desired.

Serve **steaks** with **green beans and carrots** alongside. Spoon **pan sauce** over **steak**. Enjoy!



6. Carbo-load!

We understand those nights when your stomach feels like a bottomless pit. We feel like that most days! Add a side of warm grains like farro or quinoa dressed with a splash of olive oil, lemon juice, and fresh herbs.