

DINNERLY



Low-Carb BBQ Spiced Steak with Mashed Sweet Potatoes & Green Beans



20-30min



2 Servings

If ever there was a meal that could channel all the fancy feels without having to roll out the red carpet for dinner, it's this plate of seared steaks with creamy mashed sweet potatoes and green beans. We love to "make it fancy" without actually having to be fancy, ya dig? We've got you covered!

WHAT WE SEND

- 1 sweet potato
- ½ lb green beans
- ½ lb pkg ranch steaks
- ¼ oz pkt BBQ spice blend

WHAT YOU NEED

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

TOOLS

- small saucepan
- rimmed baking sheet
- medium skillet
- potato masher or fork

ALLERGENS

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

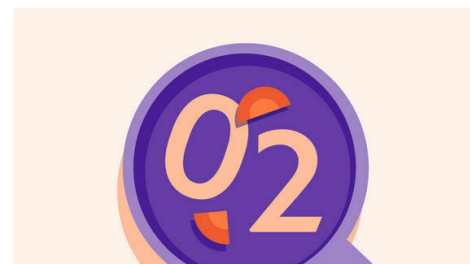
NUTRITION PER SERVING

Calories 510kcal, Fat 28g, Carbs 37g, Proteins 28g



1. Cook sweet potatoes

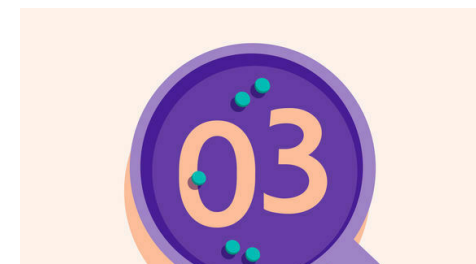
Preheat oven to 450°F with a rack in the upper third. Peel **sweet potato**; cut into 1-inch pieces. Transfer to a small saucepan with enough **salted water** to cover by 1 inch; cover and bring to a boil. Uncover and simmer until easily pierced with a fork, 11–13 minutes. Drain potatoes; return to saucepan. Cover to keep warm until step 5.



2. Prep green beans & steaks

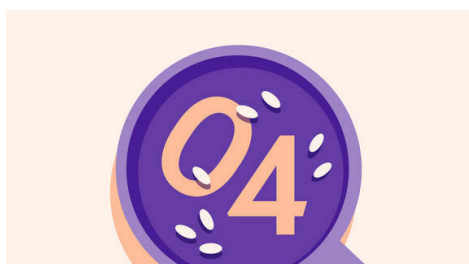
Trim stem ends from **green beans**.

Pat **steaks** dry, then rub with **oil**. Season each steak all over with **1 teaspoon BBQ spice blend** (2 tps total) and **a pinch each of salt and pepper**.



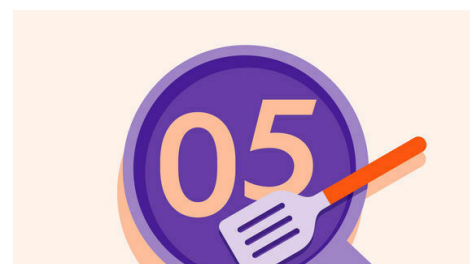
3. Roast green beans

On a rimmed baking sheet, toss to combine **green beans**, **1 teaspoon oil**, and **a pinch each of salt and pepper**. Roast on upper oven rack until well browned and tender, 12–15 minutes.



4. Cook steak

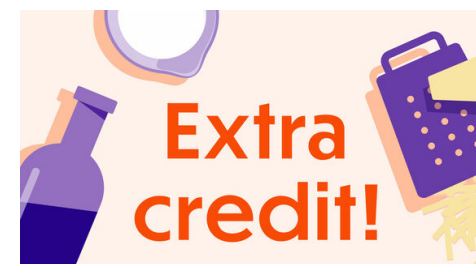
Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **steaks** and cook until well browned and medium-rare, 2–4 minutes per side (or longer for desired doneness). Transfer to a cutting board to rest.



5. Mash potatoes & serve

Return saucepan with **sweet potatoes** to medium heat. Add **2 tablespoons butter**, then mash with a fork or potato masher until creamy. Season to taste with **salt and pepper**.

Slice **BBQ spiced steaks**, if desired, then serve with **mashed sweet potatoes** and **green beans** alongside. Enjoy!



6. Happy taste buds!

Add cinnamon or maple syrup to the mashed sweet potatoes for an extra bump of flavor.