

DINNERLY



Low-Carb Seared Steak & Roasted Broccoli

with Lemon-Pastrami Butter



30min



2 Servings

We're raising the steaks! Pan-seared ranch steaks are smothered in pastrami-spiced butter, which means you can have a restaurant-quality meal from the comfort of your own couch. Roasted broccoli so everyone feels good. 10/10, job well done (but not the steaks, we like ours medium-rare). We've got you covered!

WHAT WE SEND

- ½ lb broccoli
- 1 medium onion
- 1 lemon
- ¼ oz pastrami spice blend
- ½ lb pkg ranch steaks

WHAT YOU NEED

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

TOOLS

- rimmed baking sheet
- microplane or grater
- medium skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 570kcal, Fat 41g, Carbs 21g, Proteins 28g

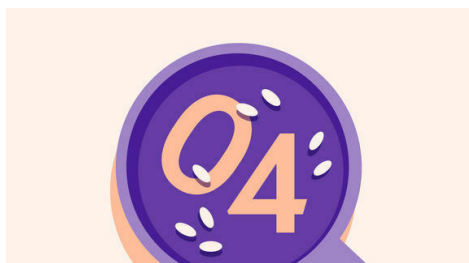


1. Prep butter & veggies

Preheat oven to 450°F with a rack in the upper third.

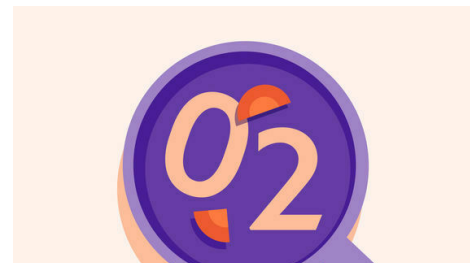
In a small bowl, set **2 tablespoons butter** out to soften at room temperature.

Trim stem ends from **broccoli** and cut crowns into 1-inch florets. Halve **onion** lengthwise, then cut into ½-inch thick slices through the root end.



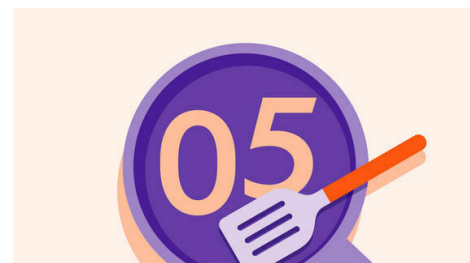
4. Cook steaks

Pat **steaks** dry, then season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add steaks and cook until well browned and medium-rare, 2–3 minutes per side (or longer for desired doneness). Transfer to plates, then top each with **some of the lemon-pastrami butter**; let rest for 5 minutes.



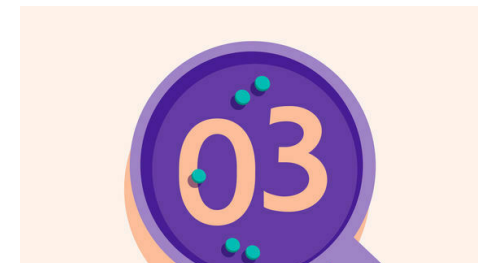
2. Roast veggies

On a rimmed baking sheet, toss **broccoli** and **onions** with **2 tablespoons oil**; season with **salt** and **pepper**. Roast on upper oven rack until veggies are well browned and tender, about 12 minutes (watch closely as ovens vary).



5. Serve

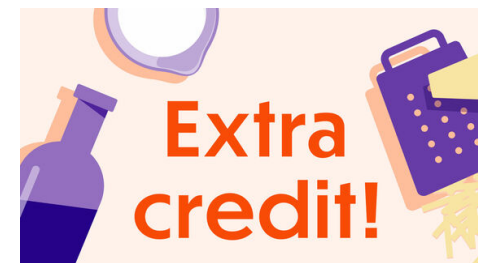
Serve **seared steak** alongside **roasted broccoli and onions**, with **remaining lemon-pastrami butter** and **any lemon wedges** on the side for squeezing over top. Enjoy!



3. Make pastrami butter

While **veggies** roast, finely grate **lemon zest** and squeeze **2 teaspoons lemon juice** into bowl with **softened butter**. Add **2 teaspoons pastrami spice blend**; using a fork, mash to combine. Season to taste with **salt** and **pepper**.

Cut any **remaining lemon** into wedges.



6. Carbo-load!

Be a dinnertime hero and pass a crunchy loaf of bread around the table—it's the perfect vessel for soaking up the melted pastrami butter and any steak juices.