



Fast! Seared Steak & Double Green Beans

with BBQ Pan Sauce & Honey Glazed Vegetables



ca. 20min



2 Servings

| This version of the recipe is customized with double the green beans.

What we send

- 2 carrots
- 2 (½ lb) green beans
- 10 oz pkg sirloin steaks
- 1 pkt beef broth concentrate
- 2 oz barbecue sauce
- ½ oz honey
- ½ oz fried onion ⁶

What you need

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

Tools

- rimmed baking sheet
- medium skillet

Cooking tip

To serve the most tender slices of steak, slice against the grain (the natural direction of the muscle fibers). Slicing parallel to the grain creates tough slices.

Allergens

Soy (6), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 620kcal, Fat 34g, Carbs 44g, Protein 38g



1. Prep veggies

Preheat broiler with a rack in the upper third.

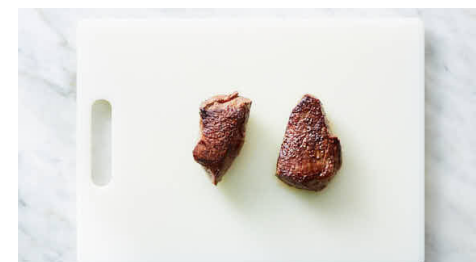
Scrub **carrots**, then cut into ¼-inch slices on an angle.

Trim stem ends from **green beans**.



2. Broil veggies

On a rimmed baking sheet, toss **carrots** and **green beans** with **2 tablespoons oil** and **a pinch each of salt and pepper**. Transfer to upper oven rack and broil until tender and well browned, about 10 minutes (watch closely as broilers vary).



3. Sear 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, 3-4 minutes per side (or longer for desired doneness). Transfer to a cutting board to rest.



4. Make pan sauce

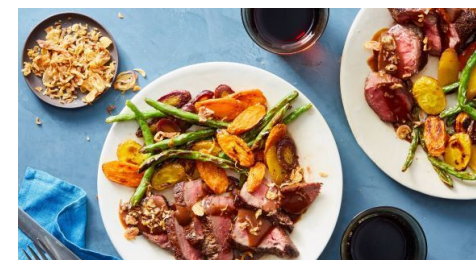
To same skillet, add **1 tablespoon butter** and **¼ cup water**. Bring to a simmer, scraping up bits from the bottom. Stir in **beef broth concentrate** and **barbecue sauce**; bring to a simmer. Reduce heat to low until ready to serve.



5. Glaze veggies & finish

Carefully toss **veggies** with **honey** directly on baking sheet.

Thinly slice **steaks** against the grain. Plate **veggies** next to **sliced steak**. Drizzle **steaks** with **barbecue pan sauce** and top with **fried onions**.



6. Serve

Enjoy!