

DINNERLY



Keto-Friendly Lemon-Pepper Coulotte Steak

with Roasted Broccoli & Garlic Butter



20-30min



2 Servings

Knock, knock. Who's there? Justin. Justin who? Justin time for dinner. A zesty, lemony roasted pork tenderloin dinner to be exact. We've got you covered!

WHAT WE SEND

- ¼ oz granulated garlic
- 1 lemon
- ½ lb broccoli
- 10 oz pkg coulotte steak
- 1 pkt turkey broth concentrate

WHAT YOU NEED

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

TOOLS

- microplane or grater
- rimmed baking sheet
- medium skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 440kcal, Fat 29g, Carbs 13g, Protein 35g



1. Prep ingredients

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

In a small bowl, use a fork to combine a **pinch of granulated garlic** and **1 tablespoon butter**; set aside for step 4.

Finely grate **1½ teaspoons lemon zest** into a separate small bowl, then stir in **½ teaspoon salt** and **several grinds of pepper**; set aside for step 3.



2. Start broccoli

Cut **broccoli** into 1-inch florets, if necessary. On a rimmed baking sheet, toss with **1 tablespoon oil** and season with **salt** and **pepper**. Push broccoli to one side of baking sheet. Roast on center oven rack until browned and crisp tender, 10–12 minutes.

Carefully toss broccoli with **half of the garlic butter**.



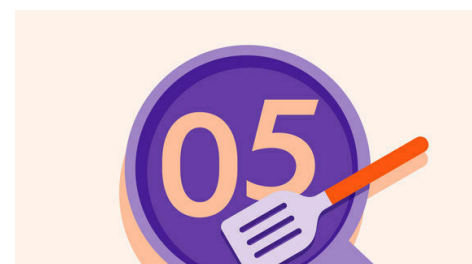
3. Cook steak

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.



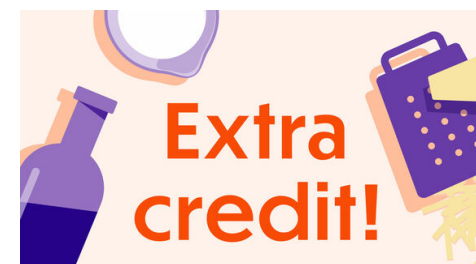
4. Make sauce

Melt **remaining garlic butter** in same skillet over medium-high. Stir **broth concentrate** into skillet, scraping up any browned bits. Squeeze in **2 teaspoons lemon juice** and whisk in **¾ cup water**; bring to a boil. Cook until reduced, 2–3 minutes. Season to taste with **salt** and **pepper**.



5. Serve

Thinly slice **lemon-pepper steak** and spoon **pan sauce** over top. Serve **roasted broccoli** and **any remaining pan sauce** alongside for dipping. Enjoy!



6. Fries with that?

Make oven-roasted potato wedges or even simple baked potatoes as a side to help soak up the delicious garlic butter!