

DINNERLY



Low-Carb Green Bean "Fries" & Organic Steak

with Garlic Aioli



30-40min



2 Servings

We can only indulge in a steak and fries night every so often, but what if you could take some of the carbs out of the equation? These crispy baked green bean "fries" won't make you miss their tater counterpart, especially when they're dipped in a homemade garlic aioli. Pair them with tender sirloin steak and a buttery pan sauce, and your steak and fries night might be coming around a little more often. We've got you covered!

WHAT WE SEND

- 2 oz panko ²
- ½ lb green beans
- 10 oz pkg organic sirloin steak
- ¼ oz steak seasoning
- 1 oz mayonnaise ^{1,4}
- ¼ oz granulated garlic
- 1 lemon

WHAT YOU NEED

- 1 large egg ¹
- kosher salt & ground pepper
- neutral oil
- all-purpose flour ²
- butter ³

TOOLS

- microplane or grater
- rimmed baking sheet
- medium skillet

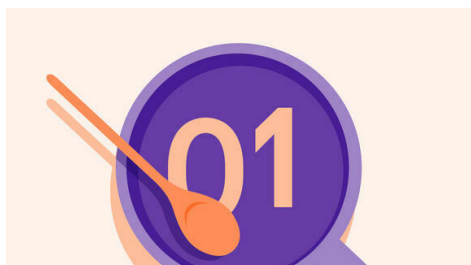
ALLERGENS

Egg (1), Wheat (2), Milk (3), Soy (4). May contain traces of other allergens.

Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 570kcal, Fat 30g, Carbs 38g, Protein 43g

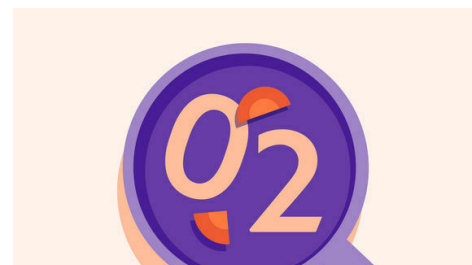


1. Prep ingredients

Preheat oven to 425°F with a rack in the center.

In a medium bowl, whisk 1 **large egg** with 1 **tablespoon water** and a **pinch each of salt and pepper**.

Add **panko** to a medium bowl and season with **salt** and **pepper**.

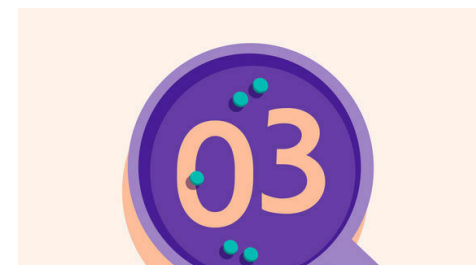


2. Prep green beans

Drizzle **oil** on a rimmed baking sheet.

Trim stem ends from **green beans**.

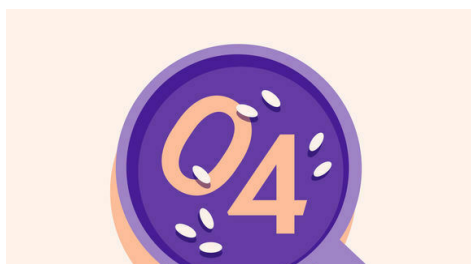
Toss **green beans** with 1 **tablespoon flour**, then dip in **egg**, letting excess drip back into bowl. Add to bowl with **panko** and toss to coat. Transfer to prepared baking sheet, keeping green beans separate from each other.



3. Bake green beans

Lightly drizzle **green beans** with more **oil**. Bake on center oven rack until beginning to brown, 12–15 minutes.

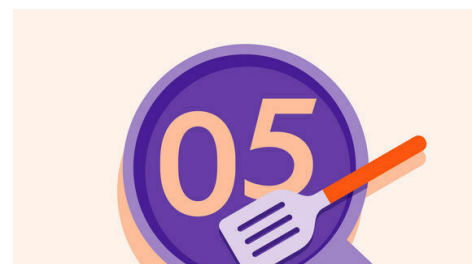
Meanwhile, pat **steaks** dry and season all over with **steak seasoning**.



4. Cook steaks & pan sauce

Heat 1 **tablespoon oil** in a medium skillet over medium-high. Add **steaks**; cook until well browned and medium-rare, 2–3 minutes per side (or longer for desired doneness). Transfer to cutting board.

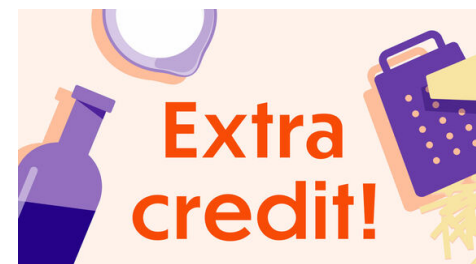
Add ¼ **cup water** to same skillet. Bring to a simmer, scraping up any browned bits from the bottom. Add 1 **tablespoon butter**; swirl to melt.



5. Make aioli & serve

In a small bowl, combine **mayo**, a **pinch of granulated garlic**, and ½ **teaspoon lemon juice**. Season to taste with **salt** and **pepper**. Slice **steaks**, if desired.

Serve **steak with pan sauce** over top and **green bean fries** and **garlic aioli** alongside. Enjoy!



6. Turn up the heat

Add some spice to this dish by adding a dash of Sriracha to the garlic aioli!