

DINNERLY



Low-Carb Honey-Dijon Glazed Steak with Brown Butter Green Beans & Carrots



20-30min



2 Servings

No need to make that reservation you've been thinking about. We're bringing the restaurant-quality steak dinner to you! Tender ranch steaks smothered in sweet and tangy honey-Dijon mustard with sautéed brown butter green beans and carrots, right to your doorstep. We've got you covered!

WHAT WE SEND

- ½ lb green beans
- 3 oz carrots
- ½ oz honey
- ½ lb pkg sirloin steak
- ¼ oz Dijon mustard

WHAT YOU NEED

- balsamic (or white wine vinegar)
- butter ¹
- kosher salt & ground pepper
- olive oil

TOOLS

- medium skillet

ALLERGENS

Milk (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

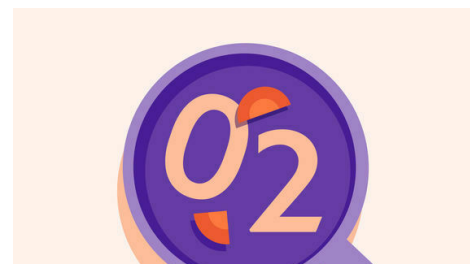
Calories 400kcal, Fat 26g, Carbs 21g, Protein 20g



1. Prep ingredients & sauce

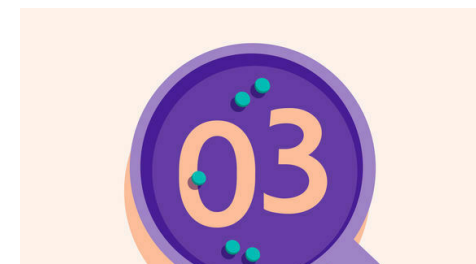
Trim ends from **green beans**. Scrub **carrot**, then trim ends. Halve lengthwise and cut on an angle into ¼-inch thick pieces.

In a small bowl, whisk together **honey**, **Dijon**, and 1½ **tablespoons each of vinegar and water**. Set aside until step 5.



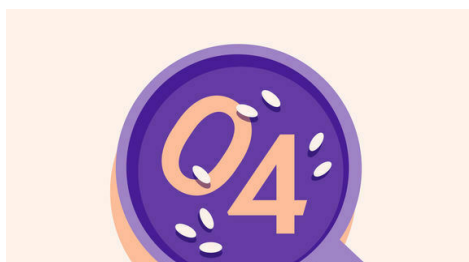
2. Sauté beans & carrots

Melt 1 **tablespoon butter** in a medium skillet over medium-high heat. Add **green beans** and **carrots**; season with **salt** and **pepper**. Cook, stirring, until coated in butter, about 1 minute. Add 2 **teaspoons water**, then cover and cook until crisp-tender, 3–4 minutes. Transfer to a bowl and cover to keep warm.



3. Prepare brown butter

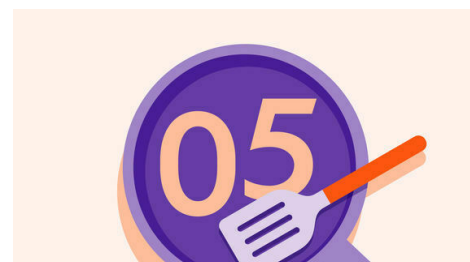
Heat 2 **tablespoons butter** in same skillet over medium-high. Cook, swirling occasionally, until butter smells nutty and brown flecks appear, 3–4 minutes (watch closely as it can burn quickly). Remove from heat and pour over **veggies**; season with **salt** and **pepper**. Toss well to coat; cover to keep warm until ready to serve.



4. Cook steaks

Pat **steaks** dry, then season all over with **salt** and **pepper**.

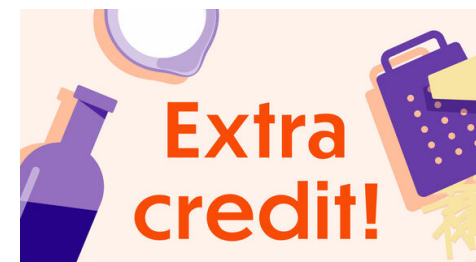
Heat 2 **teaspoons oil** in same skillet over medium-high. Cook steaks until well browned and medium-rare, 2–3 minutes per side (or longer for desired doneness). Transfer to a cutting board to rest for 5 minutes.



5. Finish & serve

Heat **honey-Dijon sauce** in same skillet over medium. Cook, scraping up any browned bits from bottom of skillet, until sauce is thick and glossy, about 1 minute. Off heat, stir in **any steak resting juices** from cutting board; season to taste. Thinly slice **steaks**, if desired.

Serve **steaks** with **green beans and carrots** alongside. Spoon **pan sauce** over top. Enjoy!



6. Carbo-load!

We understand those nights when your stomach feels like a bottomless pit. We feel like that most days! Add a side of warm grains like farro or quinoa dressed with a splash of olive oil, lemon juice, and fresh herbs.