

DINNERLY



Low-Carb Steak & Garlic Sauce with Roasted Green Beans & Tomatoes



30min



2 Servings

Keeping it simple is the key to unlocking your inner chef. And simple is the name of the game when it comes to steak. All you need is a hot skillet and a sprinkle of seasoning. A drizzle of garlic sour cream sauce and a roasted veggie duo turns this simple supper into a restaurant-worthy dish. Yaaaaas chef, you did that. We've got you covered!

WHAT WE SEND

- 2 plum tomatoes
- ½ lb green beans
- 1 oz sour cream ⁷
- ½ lb pkg sirloin steak
- ¼ oz smoked paprika

WHAT YOU NEED

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

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 450kcal, Fat 34g, Carbs 14g, Protein 22g



1. Prep veggies

Preheat broiler with a rack in the top position.

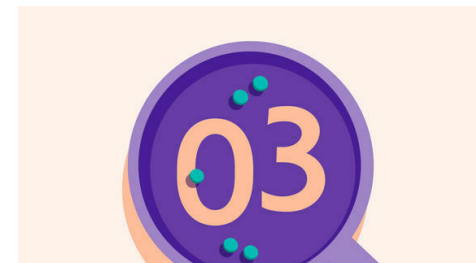
Cut **tomatoes** into 1-inch pieces.

Trim ends from **green beans**.



2. Make garlic sauce

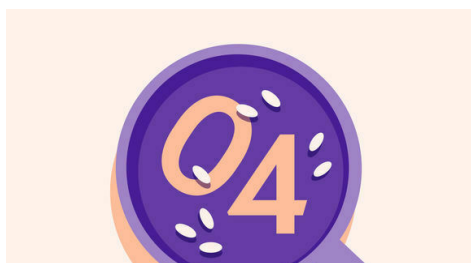
Finely grate ½ **teaspoon garlic**. In a small bowl, thin **sour cream** by adding 1 **tablespoon water** at a time until it drizzles from a spoon. Stir in **grated garlic** and a **pinch each of salt and pepper** until combined. Set aside until step 5.



3. Cook veggies & prep steak

On a rimmed baking sheet, toss **green beans** and **tomatoes** with 1 **tablespoon oil** and a **pinch each of salt and pepper**. Broil on top oven rack until beans are tender and tomatoes are charred in spots, tossing halfway through cooking time, 5–7 minutes (watch closely as broilers vary).

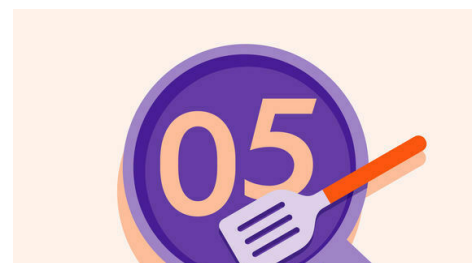
Pat **steaks** dry; season all over with **smoked paprika** and a **pinch each of salt and pepper**.



4. Cook steak & pan sauce

Heat 2 **tablespoons 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 a cutting board.

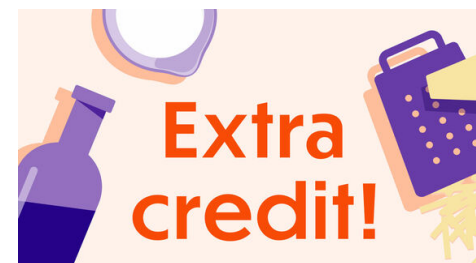
Reduce heat to low, then add 1 **tablespoon butter** and 2 **tablespoons water**. Cook, stirring and scraping up any browned bits, until butter melts and **pan sauce** comes together.



5. Finish & serve

Slice **steaks**, if desired.

Serve **steak** with **tomatoes** and **green beans** alongside. Drizzle **garlic sauce** over **veggies** and **pan sauce** over **steak**. Enjoy!



6. Add a carb!

We made this a low carb meal on purpose, but feel free to add a side of crusty bread or roasted potatoes to soak up all the savory pan sauce!