

# DINNERLY



## Low-Carb Pan-Roasted Steak with Sticky-Sweet Roasted Broccoli



30min



2 Servings

We know that the juicy steak sells itself, but don't ever underestimate the power of a perfectly prepared side of broccoli. Caramelized and golden-brown and glazed in Thai sweet chili sauce - to us, these are perfect. We've got you covered!

## WHAT WE SEND

- ½ lb broccoli
- ½ lb pkg sirloin steak
- 3 oz Thai sweet chili sauce
- ¼ oz pkt toasted sesame seeds <sup>11</sup>

## WHAT YOU NEED

- olive oil
- kosher salt & ground pepper

## TOOLS

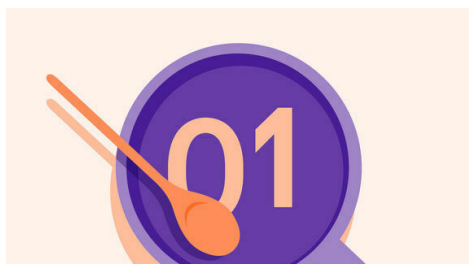
- rimmed baking sheet
- medium skillet

## ALLERGENS

Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

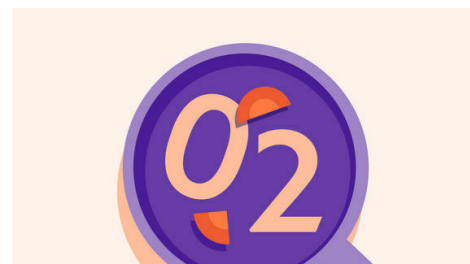
Calories 370kcal, Fat 20g, Carbs 33g, Protein 21g



### 1. BROCCOLI VARIATION

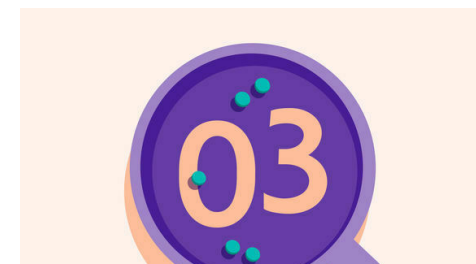
Preheat oven to 450°F with a rack in the upper third.

Cut **broccoli** into 1-inch florets, if necessary.



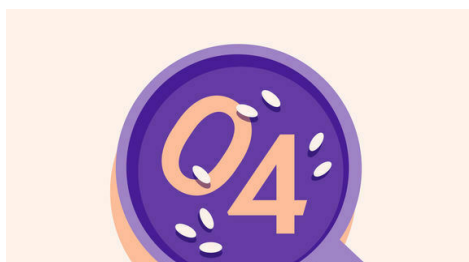
### 2. Roast broccoli

On a rimmed baking sheet, toss to combine **broccoli**, **1 tablespoon oil**, and **a pinch each of salt and pepper**. Roast on upper oven rack until tender and browned in spots, 15–20 minutes.



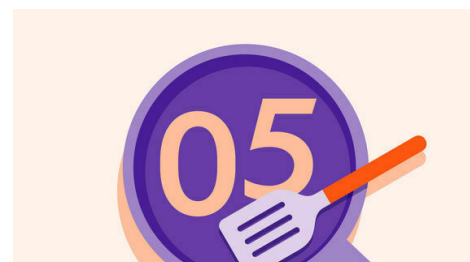
### 3. Cook steaks

Pat **steaks** dry, and season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium skillet over medium-high until shimmering. Add steaks and cook until well browned and medium-rare, 2–3 minutes per side (or longer for desired doneness). Transfer to a cutting board to rest until step 5.



### 4. Glaze broccoli

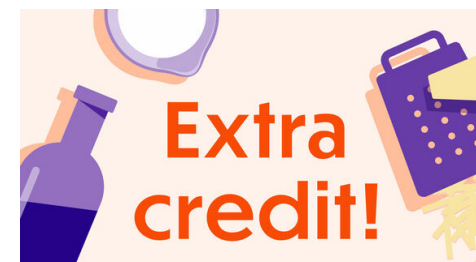
Once **broccoli** is browned, remove from oven and drizzle with **Thai chili sauce**. Use tongs or a spoon to carefully toss directly on the baking sheet. Return broccoli to oven and continue roasting until sauce is bubbling and broccoli is caramelized, 1–2 minutes (watch closely as ovens vary).



### 5. Finish & serve

Thinly slice **steaks**, if desired.

Serve **steak** alongside **sticky-sweet broccoli** with **sesame seeds** sprinkled over top. Enjoy!



### 6. Carb it up

We made this a low-carb meal by design but if you're in the mood for a carby side, then serve this over a bed of sticky rice or add some chopped sweet potatoes to the sheet pan with your broccoli in step 2.