

DINNERLY



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



20-30min



2 Servings

We'll take quick, easy, restaurant-quality recipes for 500, please. Answer: Tender ranch steaks smothered in sweet and tangy honey-Dijon mustard with sautéed brown butter green beans and carrots. Question: What is "Tonight's dinner?" Correct! Everybody is a winner. We've got you covered!

WHAT WE SEND

- 4 oz green beans
- 1 carrot
- garlic
- ½ oz pkt honey
- ¼ oz pkt Dijon mustard¹⁷
- ½ lb pkg ranch steaks

WHAT YOU NEED

- balsamic (or white wine vinegar)¹⁷
- butter⁷
- kosher salt & ground pepper
- olive oil

TOOLS

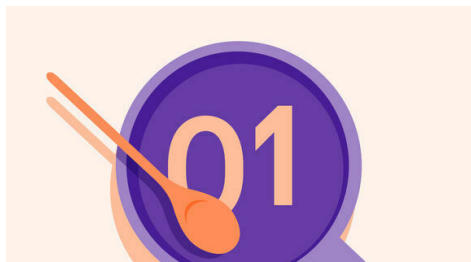
- medium skillet

ALLERGENS

Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

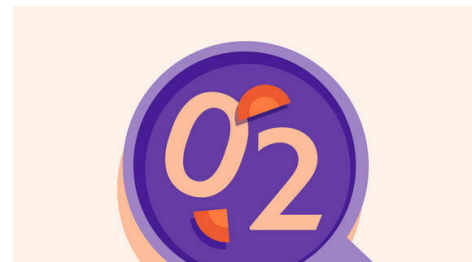
NUTRITION PER SERVING

Calories 460kcal, Fat 31g, Carbs 19g, Proteins 26g



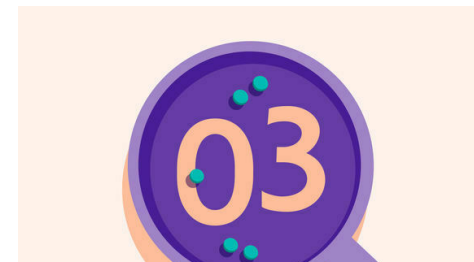
1. Prep ingredients & sauce

Trim **green beans**. Scrub **carrot**, then trim ends, halve lengthwise, and cut on an angle into ¼-inch thick pieces. Finely chop **1 teaspoon garlic**. In a small bowl, whisk together **honey**, **Dijon mustard**, and **1½ tablespoons each of vinegar and water**.



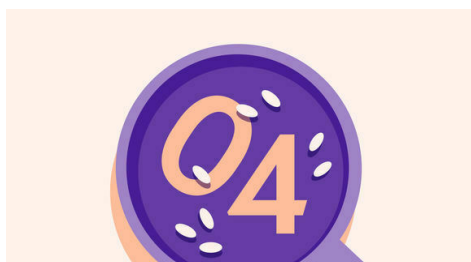
2. Sauté beans & carrots

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 veggies are 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.



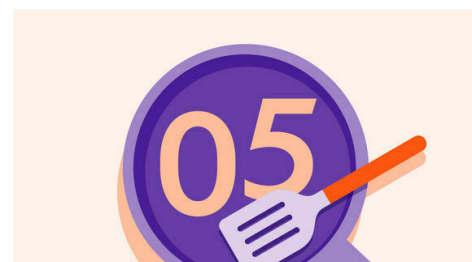
3. Glaze vegetables

Heat **2 tablespoons butter** in same skillet over medium-high; cook, swirling occasionally, until butter smells nutty and browned flecks appear, 3–4 minutes (watch closely). Remove from heat, then stir in **chopped garlic**. Pour glaze over **veggies**; season with **salt** and **pepper**. Toss well to coat; cover to keep warm.



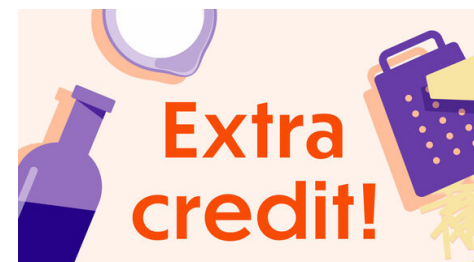
4. Cook steaks

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 steaks to a cutting board to rest for 5 minutes.



5. Make pan sauce & serve

Heat **honey-Dijon mixture** in same skillet over medium. Cook, scraping up any browned bits, until sauce is thick and glossy, about 1 minute. Remove from heat. Thinly slice **steaks**, if desired. Stir **any resting juices** from cutting board into **sauce**; season to taste. Serve **steaks** with **green beans and carrots** alongside. Spoon **sauce** over **steak**. Enjoy!



6. Carbo-load!

We understand those nights your stomach feels like a bottomless pits. 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.