

DINNERLY



Pan-Roasted Steak with Sticky-Sweet Roasted Brussels Sprouts



30min



2 Servings

We know that the juicy steak sells itself, but don't ever underestimate the power of a perfectly prepared side of Brussels sprouts. 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 Brussels sprouts
- ½ lb pkg ranch steaks
- 3 oz Thai sweet chili sauce
- ¼ oz toasted sesame seeds

11

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper

TOOLS

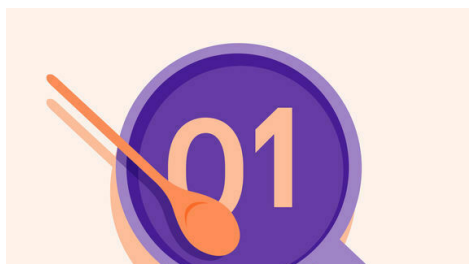
- rimmed baking sheet
- medium skillet

ALLERGENS

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

NUTRITION PER SERVING

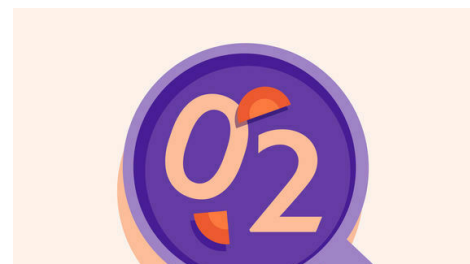
Calories 470kcal, Fat 26g, Carbs 31g, Proteins 29g



1. Prep oven & Brussels

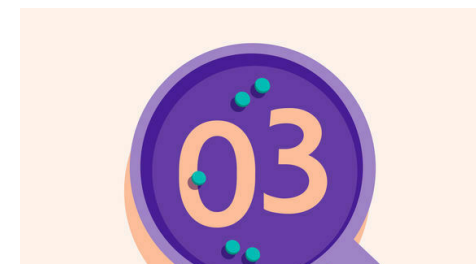
Preheat oven to 450°F with a rack in the upper third.

Trim any wilted outer leaves from **Brussels sprouts**, then halve (or quarter, if large).



2. Roast Brussels sprouts

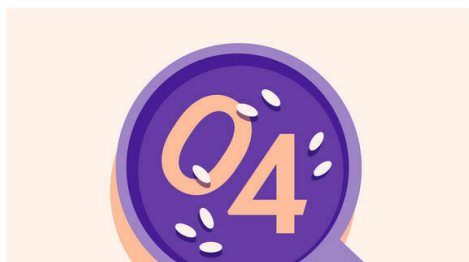
On a rimmed baking sheet, toss to combine **Brussels sprouts**, **1 tablespoon oil**, and **a pinch each of salt and pepper**. Roast on upper oven rack until tender and browned in spots, 15–20 minutes.



3. Cook steaks

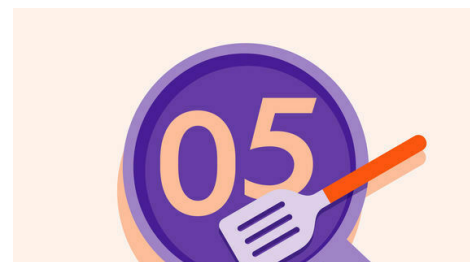
Pat **steaks** dry and season all over with **salt** and **pepper**.

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.



4. Glaze Brussels sprouts

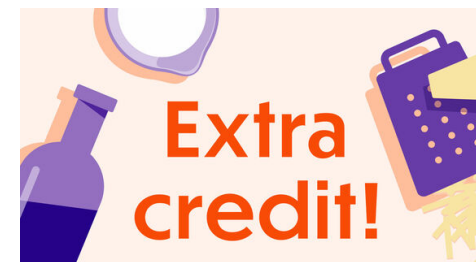
Once **Brussels sprouts** are browned, remove from oven and drizzle with **Thai chili sauce**. Use tongs or a spoon to carefully toss directly on the baking sheet. Return Brussels sprouts to oven to continue roasting until sauce is bubbling and sprouts are caramelized, 1-2 minutes (watch closely as ovens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



5. Finish & serve

Thinly slice **steaks**, if desired.

Serve **steak** alongside **sticky-sweet Brussels sprouts** and 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 Brussels sprouts in step 2.