



Keto Steak with Pesto

& Marinated Zucchini-Green Bean Salad



20-30min



2 Servings

Don't have a grill or grill pan? Heat 1 tablespoon oil in a heavy skillet over medium-high, add the steaks and cook until browned and medium-rare, 3-4 minutes per side. Preheat the broiler with the top rack 6 inches from the heat source. Place zucchini on a rimmed baking sheet and broil until lightly charred and tender, 3-5 minutes.

What we send

- ½ lb green beans
- garlic
- 1 oz salted almonds ¹⁵
- 1 zucchini
- ¾ oz Parmesan ⁷
- 10 oz sirloin steaks
- 4 oz basil pesto ⁷

What you need

- kosher salt & ground pepper
- olive oil
- white wine vinegar (or apple cider vinegar) ¹⁷

Tools

- grill or grill pan
- box grater
- medium saucepan

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Milk (7), Tree Nuts (15), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

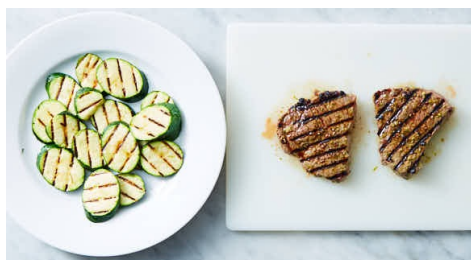
Nutrition per serving

Calories 480kcal, Fat 28g, Carbs 16g, Proteins 44g



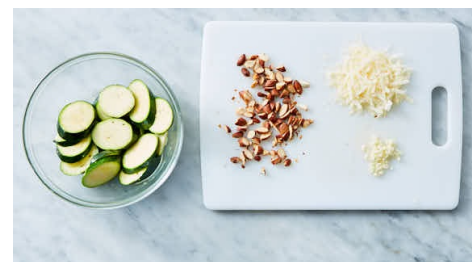
1. Blanch green beans

Preheat a grill to high, if using. Bring a medium saucepan of **salted water** to a boil. Trim **green beans**, then snap in half. Transfer to boiling water and cook until bright green and just tender, about 3 minutes. Drain green beans well, rinse under cold water, and drain again.



4. Grill zucchini & steaks

Heat grill pan over high, if using. Brush grill lightly with **oil**. Add **zucchini** and **steaks** to grill or grill pan. (save bowl for step 5.) Reduce heat to medium-high and cook until steaks are well browned and medium-rare, and zucchini is tender, 3-4 minutes per side (or continue to cook steaks longer, if desired).



2. Prep ingredients

Finely chop ½ **teaspoon garlic**. Coarsely chop **almonds**. Trim ends from **zucchini**, then cut on an angle into ¼-inch thick ovals. Transfer to a medium bowl and toss with **2 teaspoons oil** and **a pinch each of salt and pepper**. Coarsely grate **Parmesan**, if necessary.



5. Assemble salad

In same bowl, combine **garlic**, **2 teaspoons vinegar**, and **a pinch each of salt and pepper**. Whisk in **1 tablespoon oil**. Add **zucchini** and **green beans** and toss to coat. Season to taste with **salt and pepper**.



3. Prep steaks

Pat **steaks** dry, then rub all over with **2 teaspoons of the pesto** and season all over with **salt and pepper**.



6. Finish & serve

Just before serving, add **half each of the Parmesan and almonds** to salad; stir to combine. Thinly slice **steaks**, if desired, and transfer to plates. Spread **some of the pesto** on top of each **steak** and garnish with **remaining almonds and Parmesan**. Enjoy!