



FAST

KETO FRIENDLY

Butter Basted Steaks

with Parmesan Roasted Vegetables



20-30min



4 Servings

A simple technique that will make you a hero in the kitchen—butter-basting is a total game-changer. The steaks are seared in a hot skillet, and just before they are finished, crushed garlic, a dollop of butter, and vinegar are added to the skillet, and is spooned over the meat, infusing it with tangy garlic-butter goodness.

What we send

- green beans
- yellow squash
- garlic
- flank steak
- steak seasoning
- fresh parsley

What you need

- 4 tablespoons butter ⁷
- apple cider vinegar
- kosher salt & ground pepper
- olive oil

Tools

- rimmed baking sheet

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

Nutrition per serving

Calories 710.0kcal, Fat 62.0g, Proteins 27.0g, Carbs 8.0g



1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third. Trim ends from **squash**; cut in half crosswise, then cut each half into ½-inch strips. Trim ends from **green beans**. Finely grate **Parmesan**. Pat **steaks** dry; season all over with **1 tablespoon steak seasoning**. Peel **3 large garlic cloves**. Smash two cloves and grate ½ teaspoon from third clove into a small bowl.



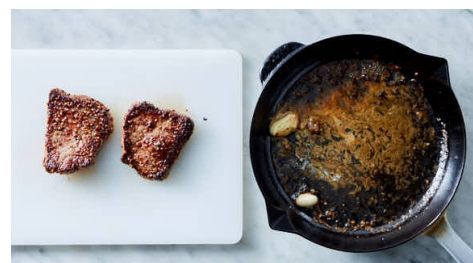
4. Make aioli

While **steaks** cook, pick **parsley leaves** from stems, discarding stems; finely chop leaves. To the small bowl with **grated garlic**, add **all of the mayo** and 2 teaspoons of the chopped parsley, stirring to combine. Season to taste with **salt and pepper**.



2. Roast vegetables

On a rimmed baking sheet, toss **squash** and **green beans** with **3 tablespoons oil**, **½ teaspoon salt**, and **a few grinds pepper**; spread into an even layer. Sprinkle **Parmesan** all over vegetables. Roast on the upper oven rack until tender, 10-12 minutes.



5. Baste steaks

Add **smashed garlic**, **2 tablespoons vinegar**, and **4 tablespoons butter** to skillet with steaks and stir until melted. Tilt skillet toward you so butter pools at the edge. Using a large spoon, baste the steaks continually with butter until they turn deep golden-brown, about 1 minute more. Transfer steaks to a cutting board to rest.



3. Cook steaks

While the **vegetables** roast, heat **1 tablespoon oil** in a large, heavy skillet (preferably cast-iron) over medium-high. Add **steaks** and cook, until lightly charred and medium-rare, 4-5 minutes per side.



6. Finish vegetables & serve

Remove **vegetables** from oven and switch oven to broil. Once preheated, return vegetables to the upper oven rack and broil until browned in spots, 1-2 minutes (watch closely). Thinly slice **steaks** across the grain, drizzle all over with **pan drippings** and serve with **Parmesan vegetables** alongside and **aioli** for dipping. Garnish with **remaining parsley**. Enjoy!