




FAST

KETO FRIENDLY

Seared Steak

with Vegetables & Herb-Mustard Sauce

 30-40min  4 Servings

Treat yourself to a juicy steak! For this one, we've employed a speedy trick to amp up the flavor of any steak-rub it with a crushed garlic clove after searing! Zucchini, green beans, and sliced garlic are sautéed in the same skillet for a flavorful, low-carb, high-nutrient side-dish. A creamy Dijon mustard-herb sauce featuring tarragon is perfect for dipping or drizzling over!

What we send

- flank steak
- garlic
- green beans
- lemon
- Dijon mustard ¹⁷
- zucchini
- fresh tarragon

What you need

- kosher salt & ground pepper

Tools

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

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

Nutrition per serving

Calories 560kcal, Fat 48g, Carbs 8g, Proteins 37g



1. Prep veggies

Peel **2 large garlic cloves**; lightly crush one clove with the side of a knife; thinly slice the second clove. Trim stem ends from **green beans**, then cut in half crosswise. Trim ends from **zucchini**, then halve lengthwise, and cut crosswise into ¼-inch half-moons.



4. Sear steaks

Heat a large, heavy skillet (preferably cast-iron) over high until very hot. Add **steaks** and cook until browned and medium-rare, 4-6 minutes per side. Transfer to a cutting board. Carefully rub steaks all over with **crushed garlic clove**; season with **a pinch each salt and pepper**. Let rest for 5 minutes.



2. Make herb-mustard sauce

Pick and finely chop **tarragon leaves**, discarding stems.. Squeeze **4 teaspoons lemon juice** into a medium bowl. Add **Dijon mustard, mayonnaise**, chopped tarragon, **2 teaspoons water**, and **⅓ cup oil**; stir to combine. Season to taste with **salt and pepper**.



5. Cook veggies

Return skillet to stovetop over medium-high heat. Add **beans, zucchini, 1½ tablespoons oil, 3 tablespoons water, ½ teaspoon salt, and a few grinds pepper**. Cover; cook until beans are crisp-tender and zucchini is softened, 3-4 minutes. Uncover; add **sliced garlic**. Cook until garlic is softened, stirring frequently, 1 minute. Season to taste with **salt and pepper**.



3. Season steaks

Pat **steaks** dry and rub all over with **1 tablespoon oil, ½ teaspoon salt, and a few grinds pepper**.



6. Finish & serve

Thinly slice **steaks** across the grain. Transfer to plates along with **any resting juices**. Serve **steak** with **veggies** and **herb-mustard sauce** on the side for dipping or drizzling over. Enjoy!