



Seared Steak & Garlic Toast

with Cucumber White Bean Salad



ca. 20min



2 Servings

Here's a lighter take on a steak dinner that pairs steaks seared in a scorching hot skillet with a refreshing smashed cucumber salad. The salad is brimming with flavor thanks to lemon, garlic, and scallions. Meaty white beans add body and texture to the salad. Use the garlic toast to pile everything into one delicious bite! Cook, relax, and enjoy!

What we send

- garlic
- scallions
- lemon
- sirloin steaks
- cucumber
- butter beans

What you need

- kosher salt & ground pepper
- olive oil

Tools

- fine-mesh sieve
- meat mallet (or heavy skillet)
- medium skillet
- 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

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 915.0kcal, Fat 38.5g, Proteins 53.2g, Carbs 87.2g



1. Dry brine steaks

Pat **steaks** dry and pound to even thickness if necessary. Rub with **oil**, then season with **½ teaspoon salt** and **several grinds pepper** and let sit until step 6. Preheat broiler with top rack 6 inches from heat source.



4. Prep garlic toast

Cut **ciabatta** into ½-inch slices, brush with **oil**, and place on a foil-lined baking sheet. Broil bread on top rack until toasted, flipping once, about 1 minute per side. Rub lightly with **whole garlic clove** and sprinkle with **salt**.



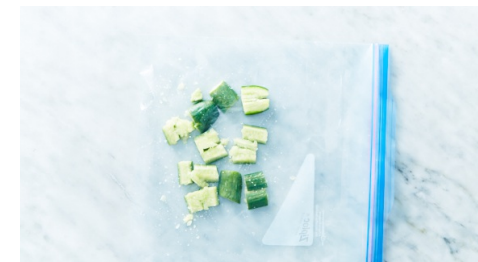
2. Prep ingredients

Trim ends from **cucumbers**, then halve lengthwise and cut into 1-inch pieces. Trim ends from **scallions**, then thinly slice on an angle. Peel **2 large cloves garlic**; finely chop 1, leaving the other whole. Drain and rinse **beans**. Grate **½ teaspoon lemon zest** and **squeeze 2 tablespoons juice** into a medium bowl.



5. Make salad

In a medium bowl combine **lemon juice** and **zest**, **chopped garlic**, and **3 tablespoons oil**. Fold in **crushed cucumbers**, **beans**, and **scallion**. Season to taste with **salt** and **pepper**.



3. Smash cucumbers

Place **cucumbers** in a resealable bag with **¼ teaspoon salt** and seal. Using a meat mallet or sturdy cup, gently press cucumbers to smash lightly.



6. Cook steaks & toast

Heat a medium skillet, preferably cast-iron, over high until very hot. Add **steaks**, reduce heat to medium, and cook, turning once or twice, until lightly charred, 3-4 minutes per side for medium-rare. Transfer to plates and let rest 5 minutes. Serve with **garlic toasts** and **salad**. Enjoy!