



## Seared Steak & Garlic Toast

with Cucumber White Bean Salad



ca. 20min



4 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

- cucumber
- butter beans
- flank steak
- garlic
- lemon
- scallions

## What you need

- kosher salt & ground pepper
- olive oil

## Tools

- fine-mesh sieve
- large skillet
- meat mallet (or heavy 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 580.0kcal, Fat 21.0g, Proteins 37.0g, Carbs 59.4g



### 1. Dry brine steaks

Pat **steaks** dry and rub with **oil**. Season with **1 teaspoon salt** and **½ teaspoon 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 until toasted, flipping once, about 1 minute per side (watch closely). Rub lightly with part of the **whole garlic clove** and sprinkle with **salt**.



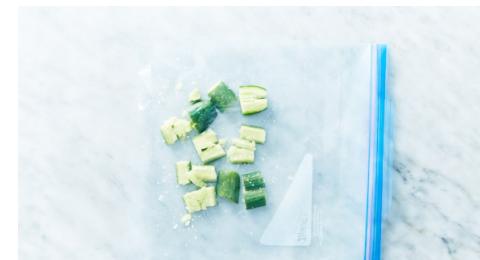
### 2. Prep ingredients

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 2½ tablespoons juice** into a medium bowl.



### 5. Make salad

To bowl with **lemon juice** and **zest**, add **chopped garlic** and **¼ cup 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 **½ teaspoon salt** and seal. Using a meat mallet or sturdy cup, gently press cucumbers to smash lightly.



### 6. Cook steaks & toast

Heat a large skillet, preferably cast-iron, over high until very hot. Add **steaks**, reduce heat to medium-high, cook, turning once or twice, until lightly charred, 4–5 minutes per side for medium-rare. Transfer to a cutting board and let rest, loosely covered, for 5 minutes, before slicing very thinly across the grain. Serve with **garlic toast** and **salad**. Enjoy!