

Lemon Garlic Steak & Green Beans



Prep:

10 mins.

Total:

30 mins.

Sirve:

8 - 10 servings

Pieza:

Saladmaster Food Processor
9 Qt./8.5 L Braiser Pan with Cover
3.5 Qt. Double Walled Bowl

Valora: ★★☆☆☆

Contribuido por:

Aurelia Green

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Descripción de la Receta:

Having a dinner party or large family dinner can be a lot of work. Saladmaster's 9 Qt. Braiser Pan with Cover is the perfect piece of cookware for you! With its 9 Qt. capacity, it's large enough to make an entire meal all in one pan. You can feed a large crowd in less than 30 minutes! Everyone will love the extra flavor that comes with this easy flank steak marinade.

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2 lbs
 flank steak, sliced against the grain
 (900 g)
 2 lbs
 fresh green beans, trimmed
 (900 g)
 5 garlic cloves, shredded, use Cone #1
 1 tbsp
 Italian seasoning
 1 large
 lemon, juiced
 1 cup
 beef stock, low sodium
 (250 ml)
 1 cup
 fresh parsley, chopped
 2 tbsp
 fresh thyme leaves
 1/2 tsp
 red chili pepper flakes (optional)

Marinade

1/2 cup soy sauce, low sodium
 1/4 cup hot chili paste
 2 tsp black pepper

Preparación :

1. In a bowl, add marinade ingredients to the steak and marinate. Cover and place in the refrigerator for 30 mins to an hour. The longer it marinates the more flavor will be infused into the steak.
2. Preheat pan over medium heat for 7-9 minutes until a sprinkle of water skitters and dissipates. Place steak in an even layer in the pan and sear until browned and then turn over and sear the other side. Remove steak from the pan and set aside.
3. Add remaining ingredients to the pan and toss with the green beans. Cover and cook for 5-7 mins.
4. Add steak back into the pan with the green beans and cover and cook for 3-5 mins or until it has reached your desired doneness and has had time to soak up the juices.
5. Serve and enjoy!

Información nutricional por ración

Calorías: 635
Grasa Total: 13g

Grasa	7g
Saturada:	
Colesterol:	12mg
Sodio:	363mg
Carbohidratos:	37g
Fibra	6g
Dietética:	
Azúcar:	4g
Proteína:	39g
