

## Lemon Garlic Steak & Green Beans

**Prep:**

10 mins.

**Total:**

30 mins.

**Makes:**

8 - 10 servings

**Utensil:**

Saladmaster Food Processor

9 Qt./8.5 L Braiser Pan with Cover

3.5 Qt. Double Walled Bowl

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**Recipe:****Contributed By:**

Aurelia Green

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**Recipe Description:**

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

### Directions:

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!

### Nutritional Information per

#### ▼ Serving

**Calories:** 635

**Total Fat:** 13g

**Saturated Fat:** 7g  
**Cholesterol:** 12mg  
**Sodium:** 363mg  
**Total** 37g  
**Carbs:**  
**Dietary Fiber:** 6g  
**Sugar:** 4g  
**Protein:** 39g

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