

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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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 Carbs:

37g

Dietary Fiber:

6g

Sugar:

4g

Protein:

39g