JANE SMITH LIFESTYLE

Steak, Crispy Potatoes & Green Beans

Prep: 10 min | Cook: 30 min | Serves: 2



This is the kind of protein-forward plate that feels like an actual dinner. Roast the potatoes first, then sear the steak and green beans while they finish.

Ingredients

- 12 oz baby potatoes, halved
- 8 oz green beans, trimmed
- 12 oz flank steak or sirloin steak
- 1 1/2 Tbsp olive oil, divided
- 1/2 tsp kosher salt, divided, plus more to taste
- 1/4 tsp black pepper
- 1 Tbsp softened butter
- 1 Tbsp finely chopped parsley
- 1/2 tsp lemon zest
- 1 small garlic clove, finely grated

Directions

1. Heat oven to 425°F. Toss potatoes with 1 Tbsp oil and half the salt. Spread cut-side down on a sheet pan and roast 25-30 minutes, turning once, until browned and tender.
2. Mix butter, parsley, lemon zest and garlic in a small bowl. Set aside. Pat steak dry and season with remaining salt and pepper.
3. Heat a heavy skillet over medium-high. Add 1/2 Tbsp oil and sear steak about 3-5 minutes per side for a 3/4-inch steak, adjusting for thickness and desired doneness. For food-safety guidance, cook whole cuts of beef to 145°F and rest at least 3 minutes.

4. Move steak to a board to rest. Add green beans to the same pan with 2 Tbsp water. Cover 2 minutes, then uncover and cook 3-4 minutes until bright and lightly blistered.
5. Slice steak thinly across the grain. Divide steak, potatoes and beans between two plates; add a small spoonful of herbed butter to each.

Jane's Note

The potatoes do the hands-off work while I make everything else. A small amount of herbed butter makes the whole plate feel special.

Storage: Refrigerate leftovers covered for up to 3 days. Reheat steak and vegetables gently; the potatoes crisp best in an oven or skillet.

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