

One Pan Steak, Asparagus & Broccoli

Susan Alsembach

This recipe is so quick and easy, it almost takes longer to eat it than to make it!

This dish is amazing served up with a side of homemade sweet potato fries, just to finish it off!

I hope you enjoy,

Susan

One Pan Steak, Asparagus & Broccoli

6 ingredients · 10 minutes · 5 servings



Directions

1. Heat half of the butter in a skillet over medium-high heat. Season both sides of the steak with half of the sea salt.
2. Add the steak to the skillet and cook for about two minutes per side, or until it has reached your desired doneness. Set aside and let it rest for at least five minutes before cutting into slices.
3. Reduce the heat to medium and add the remaining butter and half the oregano to the skillet. Cook the asparagus and broccoli for about six to eight minutes, or until cooked through. Season with the remaining salt.
4. Divide the asparagus, broccoli, and steak onto plates. Garnish with the remaining oregano and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Grill on the barbecue.

Dairy-Free

Use olive oil, coconut oil, avocado oil, or ghee instead of butter.

No Oregano

Use rosemary instead.

Ingredients

- 18 grams** Butter (divided)
- 850 grams** Top Sirloin Steak
- 4 grams** Sea Salt (divided)
- 4 grams** Fresh Oregano (chopped, divided)
- 670 grams** Asparagus (woody ends trimmed)
- 455 grams** Broccoli (small florets, chopped)