



# SESAME-GINGER STEAKS

*Sautéed broccoli, red bell pepper & cabbage, toasted cashews*

<b>COOK TIME</b> 30 MIN	<b>SERVINGS</b> 2	<b>CALORIES PER SERVING</b> 490	<b>NET CARBS PER SERVING</b> 17 GRAMS	<b>MENU</b> KETO // GLUTEN-FREE
----------------------------	----------------------	------------------------------------	------------------------------------------	------------------------------------

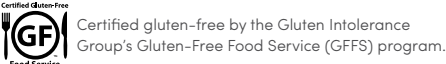
Umami-forward flavors reign in this savory dish. Bavette steaks are marinated in a sesame-ginger amino sauce, then pan-seared to a juicy finish. Broccoli, bell pepper, cabbage, onions, and ginger are all sautéed in toasted sesame oil and serve as a hearty base. Scallions and toasted cashews add a light crunch over top.

- INGREDIENTS (9 ITEMS)**
- 2 (5 oz) **Bavette steaks**
  - ¼ cup **Sesame-ginger amino sauce** T
  - 6 oz **Broccoli**
  - 3 ½ oz **Red bell pepper\***
  - 2 ¾ oz **Cabbage\***
  - 1 oz **Yellow onions**
  - ¼ oz **& ginger**
  - 2 tbsp **Dry-roasted cashews** T
  - 1 whole **Scallion**
  - 1 tbsp **Toasted sesame oil**

- WHAT YOU'LL NEED**
- medium & large sauté pans
  - medium bowl
  - measuring spoons
  - thermometer

**ALLERGENS**

- T TREE NUT



**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce is organic unless otherwise labeled.

\*You may receive different color varieties of these ingredients.

Wash and dry fresh produce. Wash hands and surfaces after handling raw meat. Consuming raw or undercooked meat can be harmful to your health. Go to [help.greenchef.com](http://help.greenchef.com) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at [help@greenchef.com](mailto:help@greenchef.com)



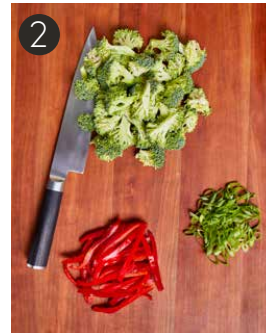
## 1 MARINATE STEAKS

- Place about one-quarter of the **sesame-ginger amino sauce** in a medium bowl. Add **bavette steaks** to bowl. Turn to coat. Let marinate at least 5 minutes, turning occasionally.



## 2 PREP VEGGIES

- Cut **broccoli** into bite-size pieces, if needed.
- Cut **red bell pepper** lengthwise into about ¼-inch thick strips.
- Thinly slice **scallion** at an angle; discard root end.



## 3 TOAST NUTS

- Place **dry-roasted cashews** in a dry medium sauté pan over medium heat. Toast 1-2 minutes, or until fragrant, shaking pan frequently.
- Transfer **nuts** to cutting board. Roughly chop cooled **nuts**.

## 4 SAUTÉ VEGGIES

- Heat **toasted sesame oil** in a large sauté pan over medium heat. Add **broccoli** and **bell pepper** to hot pan. Season with salt and pepper. Stir. Cook 3-4 minutes, or until veggies are tender, stirring occasionally.
- Add **cabbage** and **yellow onions and ginger**. Stir to combine. Cook 3-4 minutes, or until onions are tender, stirring occasionally.



## 5 COOK STEAKS

- Heat about 1 ½ tablespoons cooking oil in pan used for nuts over medium-high heat. Remove **steaks** from marinade, letting excess marinade drip off (reserve excess marinade for Step 6). Add **steaks** to hot pan. Sear 5-6 minutes on each side, or until fully cooked (or to desired doneness).\*
- Transfer **steaks** to cutting board. Let rest at least 3 minutes.

*\*Take Note: Steaks are fully cooked when internal temperature reaches 145 degrees.*



## 6 MAKE PAN SAUCE

- Return pan used for steaks to stovetop over low heat. Add remaining **sesame-ginger amino sauce** and reserved **marinade** to pan. Stir to combine. Simmer 2-3 minutes, or until sauce is warmed through, stirring occasionally.

## 7 PLATE YOUR DISH

- Cut **steaks** against the grain into 5-7 slices each.
- Divide **sautéed veggies** between plates. Sprinkle with **toasted cashews**. Fan **steak** over veggies. Drizzle **sesame-ginger pan sauce** over steak. Garnish with **scallion**.
- Enjoy!

