



# GARLIC-THYME STEAKS

*Parmesan squash, lemon-pepper green beans*

<b>COOK TIME</b> 30 MIN	<b>SERVINGS</b> 2	<b>CALORIES PER SERVING</b> 800	<b>NET CARBS PER SERVING</b> 8 GRAMS	<b>MENU</b> KETO // GLUTEN-FREE
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Enjoy premium steakhouse flavors without leaving the comfort of home sweet home. For tonight's keto-friendly dinner, bavette steaks are pan-seared with a knob of butter, fresh garlic, and fragrant thyme, then served with a side of Parmesan-crusted roasted yellow squash. Lemon-pepper green beans add a bright, zesty complement to the dish.

## INGREDIENTS (7 ITEMS)

- 1 whole **Yellow squash**
- ¼ oz **Garlic**
- ⅛ oz **Thyme**
- 6 oz **Green beans**
- 2 (5 oz) **Bavette steaks\***
- ½ tsp **Lemon-pepper herb blend**
- 1 oz **Parmesan cheese** M


## WHAT YOU'LL NEED

- medium & large sauté pans
- baking sheet
- medium bowl
- measuring spoons
- thermometer
- oven mitt
- cooking oil
- 4 tbsp butter M
- salt & pepper

## ALLERGENS

- M MILK

**COOKING TIP** 4 If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

**Validate**  
 Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

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

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

Wash and dry fresh produce. Wash hands and surfaces after handling raw meat. Consuming raw or undercooked meat may increase your risk of foodborne illness. Go to [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 PREP

- Preheat oven to 425 degrees.
- Trim ends off **yellow squash**;\* discard. Halve lengthwise. Lay flat and slice across into half-moons, about ¼ inch thick.
- Mince **garlic**.
- De-stem **thyme**; finely chop leaves.
- Trim stem ends off **green beans**.

\*The ingredient you received may be a different color.

COOKING FOR 4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2 START SQUASH

- Place **squash** in a medium bowl. Drizzle with about 1 tablespoon cooking oil. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to coat.
- Spread **squash** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 8-10 minutes, or until tender and lightly browned, stirring halfway through. (You'll finish the squash in Step 5.)

3 SEASON & SEAR STEAK

- Pat **bavette steaks** dry with paper towels. Season with salt and pepper.
- Heat about 1 ½ tablespoons cooking oil in a medium sauté pan over medium-high heat until shimmering. Once pan is hot, add **steaks**. Sear 5-6 minutes on one side.
- Flip **steaks**. Add **garlic, thyme**, and 4 tablespoons butter to pan. Stir until butter melts. Cook 5-6 minutes, or until steaks are fully cooked (or to desired doneness).
- Transfer **steaks** to a cutting board. Let rest at least 3 minutes.

4 COOK GREEN BEANS

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **green beans** to hot pan. Season with **lemon-pepper herb blend** and a pinch of salt. Cook 4-5 minutes, or until tender, stirring occasionally.

5 FINISH SQUASH

- Sprinkle **Parmesan cheese** over baking sheet with **squash**. (Careful! Baking sheet is hot!)
- Return baking sheet to oven. Roast 3-4 minutes, or until cheese melts.

6 PLATE YOUR DISH

- Cut **steaks** against the grain into 5-7 slices each.
- Divide **steaks** between plates. Spoon **garlic-thyme pan sauce** over steaks. Serve **Parmesan squash** and **lemon-pepper green beans** on the side. Enjoy!

