

Balsamic-Glazed Steak

submitted by defiledxhalo



Per serving: 1105 Calories • 79.4g Carbs (8.2g Fiber) • 58.2g Fat • 68.8g Protein

Ingredients

Ingredients scaled to: 1 serving

1 potato large (3" to 4-1/4" dia) **Russet potatoes** (369 grams)

3/8 package (10 oz) **Broccoli** (107 grams)

1 clove **Garlic** (3 grams)

9 oz **Beef short loin** (255 grams)

1/4 tsp **Salt** (1.5 grams)

1/4 tsp **Pepper** (0.53 grams)

1 tbsp **Butter** (14.2 grams)

1 tsp **Olive oil** (4.5 grams)

2 tbsp **Water** (29.6 grams)

1/2 oz **Grated Cheese** (14.2 grams)

1/3 oz **Balsamic Glaze** (9.5 grams)

Directions

Directions are based on the original recipe of 2 servings

1. Preheat oven to 450 degrees F. Thoroughly rinse produce and pat dry.
2. Peel and cut potatoes into 1" dice. Cut broccoli florets into large bite-sized pieces. Thinly slice garlic. Rinse steaks, pat dry, and season both sides with 1/2 tsp salt and 1/4 tsp pepper.
3. Place a large non-stick oven-safe pan over medium-high heat and add butter. Once melted, add potatoes to hot pan and cook, while stirring, 1 minute. Cover, reduce heat to medium, and cook 5 minutes, stirring once halfway through. Uncover, place pan in oven, and roast 20-22 minutes, stirring halfway through, until golden brown and tender. Remove from oven, season to taste with salt and pepper, and set aside.
4. Place a medium non-stick pan over medium heat. Add 1 tsp olive oil to hot pan. Add steaks to hot pan and sear on one side 4-5 minutes, or until a dark brown crust forms. Flip, and cook 4-5 more minutes, or until steaks reach a minimum internal temperature of 145 degrees F. Remove steaks from pan and let rest 3-

5 minutes. Wipe pan clean and reserve.

5. Place pan used to cook steaks over medium-high heat. Add 1 tsp olive oil and garlic (to taste) to hot pan. Cook, while stirring, 30-45 seconds, or until aromatic. Add $\frac{1}{4}$ cup water and broccoli. Cook 3-5 minutes, or until broccoli is tender and water has evaporated. Remove from burner, season with $\frac{1}{4}$ tsp salt and $\frac{1}{4}$ tsp pepper, and sprinkle with Parmesan cheese.

6. Place potatoes and broccoli on a plate. Place steak up against vegetables and drizzle with balsamic glaze.