

Compound Butter

Steak with potatoes and almond broccoli

590 Calories

Fat 33g

Carb 43g

Sugar 6g

Fiber 7g

Protein 36g

Sodium 550g

Preheat oven to 450 degrees. Wash and dry produce. Finely chop parsley. Peel and finely chop garlic. Cut potatoes into ¼-inch-thick rounds. Cut broccoli into bite-size pieces. Place 2 TBSP butter (4 TBSP for 4 servings) in a small microwave-safe bowl; microwave until just softened, 5-10 seconds. Stir in 1 tsp parsley (2 tsp for 4) and a pinch of garlic. Season with salt and pepper.

Toss potatoes on a baking sheet with a large drizzle of oil, salt, and pepper; spread out evenly across entire sheet. (For 4 servings, you may need to divide between 2 sheets.) Roast until browned and tender, 18-20 minutes.

While potatoes roast, heat a large, dry pan over medium-high heat. Add almonds and cook, stirring often, until golden brown and fragrant, 5-6 minutes. Turn off heat; transfer to a plate and set aside to cool.

Add broccoli to same pan over medium heat. Cook, stirring, until bright green, 2-3 minutes. Pour in ¼ cup water (⅓ cup for 4 servings) and cover pan. Let steam, shaking pan once or twice, until broccoli is tender, 3-4 minutes. Uncover and add remaining garlic. Cook, stirring, until fragrant, 30 seconds. Season with salt and pepper.

Pat steak dry with paper towels; season all over with salt and pepper. Heat a large drizzle of oil in pan used for almonds over medium-high heat. Add steak and cook to desired doneness, 3-5 minutes per side. Transfer to a cutting board to rest.

Thinly slice steak against the grain. Divide steak, broccoli, and potatoes between plates. Sprinkle broccoli with almonds. (Save any leftover almonds for topping salads or oatmeal!) Dollop steak with hotel butter. Garnish with remaining parsley.

Steak is fully cooked when internal temperature reaches 145°.

