

Dinner – Whole 30

LEMON STEAK AND MIXED VEGETABLES AND SIMPLE GREEN BEANS

\$4.11/SERVING EST



Ingredients and groceries scaled from original 1 serving

8 teaspoons olive oil

12 oz. New York Strip Steak

4 cloves garlic thinly sliced

4 squeezes of lemon

8 cups Mixed Frozen Vegetables

Prep: 5 mins

Cook: 30 mins

1. Prepare the steak: Heat $\frac{1}{2}$ olive oil in a heavy pan (ideally cast iron) over medium high heat. Let the pan get very hot, and just before the pan starts to smoke, add the steak. Sear until browned on the bottom, about 4-5 minutes.
2. Flip the steak and add garlic to pan. Swirl the garlic around in the juices and spoon the garlic over the steak. Cook the steak

another 4-5 minutes until browned and cooked to your liking. Squeeze lemon juice over.

3. Transfer steak to a plate. Add remaining olive oil to pan. Once hot, add mixed frozen vegetables and sauté until heated through, about 5 minutes.
4. Plate steak and mixed vegetables.

SIMPLE GREEN BEANS

\$2.13/SERVING EST

Ingredients and groceries scaled from original 1 serving

2 lbs. green beans trimmed

8 tablespoons onion chopped

2 tablespoons olive oil

½ cup water

4 dashes salt

4 dashes pepper

8 tablespoons almonds toasted and chopped

Prep: 15 mins

Cook: 15 mins

1. Boil water in a large pot on the stove. Add green beans and cook 6-8 minutes. Drain and set aside.
2. Heat oil in a skillet over medium heat. Add onions and cook 2-3 minutes, stirring occasionally.

3. Add green beans, water, salt, and pepper. Stir and cook 4-5 minutes until tender.
4. Top with almonds before serving.