



Beef and BROCCOLINI® baby broccoli with Garlicky Mushrooms

Servings

2

Calories

380

Prep Time

15 minutes

Total Time

30 minutes

Skill Level

Easy

Ingredients

2 grass-fed beef strip steaks, at room temperature
(cut is personal preference)

Salt & pepper, to taste

Extra virgin olive oil, for drizzling

1 bunch Mann's BROCCOLINI® baby broccoli
(about 9 stalks)

1 tablespoon sesame oil, divided

6 ounces oyster mushrooms

1 teaspoon minced garlic



The Method

Preheat oven to 400°F.

Place steaks on a lined baking sheet. Season both sides with salt and pepper and drizzle with olive oil. Put BROCCOLINI® baby broccoli in a mixing bowl and toss with ½ tablespoon sesame oil. Add to baking sheet.

Place mushrooms in the mixing bowl and toss with remaining sesame oil and garlic. Add mushrooms to baking sheet, making sure nothing is overlapping. Sprinkle vegetables with salt. Bake for 12-15 minutes or until steak reaches desired level of doneness with a minimum internal temperature of 120-125°F for rare. Remove from oven and allow to rest for 5 minutes before slicing and serving.

Nutrition Facts

Serving Size 393g | Servings: 2

Amount Per Serving

Calories 380 | Total Fat 14g (sat fat 3.5g trans 0g) | Cholesterol 11mg | Sodium 140mg | Total Carbohydrate 11g | Dietary Fiber 6g | Sugars 2g (Includes 0g Added Sugars) | Protein 55g | Vitamin D 6% | Calcium 6% | Iron 35% | Potassium 30%