

# LEMON GARLIC STEAK WITH GREEN BEANS

Preparation: **5-10** minutes | Cooking: **15-20** minutes | Servings: **4**

## INGREDIENTS

<i>1 pound boneless strip steak</i>	<i>1 tablespoon grapeseed/canola oil</i>
<i>1 pound green beans, trimmed</i>	<i>1 teaspoon paprika</i>
<i>3 cloves garlic, grated and divided</i>	<i>1/2 teaspoon chili powder</i>
<i>2 tablespoons water</i>	<i>1/2 teaspoon salt, divided</i>
<i>2 tablespoons lemon juice</i>	



## INSTRUCTIONS

Combine the oil, half of the garlic, the paprika, the chili powder and 1/4 teaspoon of salt in a small bowl. Rub the mixture on the steak. Next, heat a large skillet over medium heat. Add the steak and cook, flipping the steak occasionally and adjusting the heat as necessary to prevent smoking. For medium-rare steak, cook until an instant-read thermometer registers 135°F when inserted in the thickest part of the meat. This should take about 10 to 12 minutes. Transfer the steak to a clean cutting board, and let it rest. Add lemon juice and water to the pan and scrape up any browned bits. Stir in the green beans, the remaining garlic and 1/4 teaspoon of salt. Cover the pan, and cook for about 5 minutes more until the beans are tender-crisp. Slice the steak against the grain and serve with the green beans.