

# KETO STEAK AND VEGGIES SHEET PAN DINNER WITH GARLIC CAPER BUTTER

*yield:* **6 SERVINGS**

*prep time:* **15 MINUTES**

*cook time:* **10 MINUTES**

*total time:* **25 MINUTES**

*This easy and satisfying sheet pan meal is my busy weeknight go-to!*

## INGREDIENTS

### **For Rosemary Caper Butter::**

- 1/4 cup butter, softened
- 1 tablespoon chopped fresh rosemary
- 1 tablespoons capers, chopped
- 1 garlic clove, minced into a paste

### **For Sheet Pan Meal:**

- 2 pounds sirloin steak (about 1 inch thick)
- salt & pepper to taste
- 1 tablespoon or so olive oil
- 1 large head fresh broccoli, cut into florets
- 1 pound asparagus spears

## DIRECTIONS

- 1 Set oven to Broil.
- 2 Mash together herb butter ingredients in a small bowl.
- 3 Form butter into a tube shape using plastic wrap, and place in fridge or freezer to harden.
- 4 Pat steaks dry and season both sides of steak with salt and pepper.
- 5 Coat veggies with olive oil and season with salt & pepper.
- 6 Stick a large rimmed sheet pan in the oven.

- 7 Carefully remove HOT sheet pan from the oven.
- 8 Coat the pan with olive oil where steaks are going to go, and lay them on towards the center. Arrange veggies around the edges.
- 9 Place under broiler for 5 minutes.
- 10 Remove pan, turn steaks, and place back under broiler for about 5 minutes or until desired doneness.
- 11 Top steaks with rosemary caper butter to serve.

## NUTRITIONAL INFORMATION

Yield: 6 servings, Serving Size: 1 serving

*Amount Per Serving:* Calories: 321, Total Carbohydrates: 11g, Fiber: 5g, Net Carbohydrates: 6g, Total Fat: 16g, Protein: 35g

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