



Ingredients



2 Steaks 😉





2 cloves Garlic



2 Tbsps Mayonnaise



2 Flank Steaks 🔄



6 oz Green Beans



1 Tbsp Capers



¾ lb Gnocchi



2 Scallions



1/4 tsp Crushed Red Pepper Flakes



1) Prepare the ingredients & make the aioli

- Fill a medium pot 3/4 of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Cut off and discard any stem ends from the green beans.
- Thinly slice the scallions, separating the white bottoms and hollow green tops.



- Peel 2 cloves of garlic. Roughly chop 1 clove. Using a zester or the small side of a box grater, finely grate the remaining clove into a paste.
- In a bowl, combine the mayonnaise and as much of the garlic paste as you'd like. Season with salt and pepper.

2 Cook the steaks

- Pat the steaks dry with paper towels; season with salt and pepper on all sides.
- In a medium pan (nonstick, if of olive oil on medium-high
- Cook, turning occasionally,
- your desired degree of doneness.* Turn off the heat.
- · Leaving any browned bits (or fond) in the pan, transfer to a cutting board and let rest at least 5 minutes.



CUSTOMIZED STEP 2 If you chose Flank Steaks

- Follow the directions in Step 2, but cook the steaks 3 to 5 minutes per side for medium-rare, or until browned and cooked to your desired degree of doneness.*

3 Blanch & finish the green beans

- Meanwhile, add the green beans to the pot of boiling water. Cook 2 to 3 minutes, or until bright green and slightly tender.
- · Leaving the pot of water boiling, using a slotted spoon or tongs, transfer the green beans to a paper towel-lined plate and pat dry.



Step 3 continued:

- In the pan of reserved fond, heat 2 teaspoons of olive oil on medium-high until hot.
- Add the sliced white bottoms of the scallions. Cook, stirring occasionally, 1 to 2 minutes, or until slightly softened.
- Add the **blanched green beans**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until lightly browned.
- Transfer to a bowl; cover with foil to keep warm.
- · Wipe out the pan.

4 Cook the gnocchi

- Add the **gnocchi** to the same pot of boiling water. Cook 2 to 3 minutes, or until the gnocchi float to the top of the pot. Turn off the heat.
- Drain thoroughly.



5 Finish the gnocchi

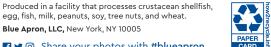
- In the same pan, heat 1 tablespoon of olive oil on medium-high until hot.
- Add the cooked gnocchi in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned. Season with salt and pepper.
- Add the chopped garlic, capers, and as much of the red pepper flakes as you'd like, depending on how spicy you'd like the dish to be. Cook, stirring occasionally, 1 to 2 minutes, or until combined.
- Turn off the heat. Taste, then season with salt and pepper if desired.

6 Slice the steaks & serve your dish

- Find the lines of muscle (or grain) on the rested steaks; slice crosswise against the grain.
- Serve the sliced steaks with the finished gnocchi and finished green beans. Top the steaks with the aioli. Garnish with the sliced green tops of the scallions. Enjoy!



*An instant-read thermometer should register 145°F.





egg, fish, milk, peanuts, soy, tree nuts, and wheat.