



Steak & Asparagus with Garlic Cream Sauce

★★★★★

400 Calories

Prep Time: 10 mins **Cook Time:** 30 mins **Total Time:** 40 mins **Servings:** 4 **Source:** organicallyaddison.com

INGREDIENTS

- 1 Lbs NY Strip Steaks (lean)
- 1 Tbsp butter
- 1/4 tsp ground pepper
- 1/4 tsp sea salt

Sauce:

- 3/4 cup chicken broth
- 1/2 cup full fat coconut milk
- 2 TBL nutritional yeast
- 1 TBL tapioca flour
- 1 TBL ground mustard
- 1 tsp garlic powder

Asparagus:

- 1.5 Lb Asparagus
- 1 TBL garlic butter or olive oil
- Pinch sea salt & pepper

NUTRITION

Recipe makes 4 servings. 1 Serving = 395 cals, 35g Protein

DIRECTIONS

- 1) Preheat oven to 400 degrees. Toss asparagus with butter/ghee, sea salt and pepper. Arrange on a parchment lined baking sheet. Bake for 30 minutes, flipping halfway.
 - 2) Preheat grill or heat a large cast iron skillet. Brush steaks with butter, sea salt and pepper. Sear for 3-5 minutes. Flip and sear for another 3-5 more minutes.
 - 3) To make the sauce, add the ingredients to a small skillet and bring to a light boil. Reduce heat to low and cook for 5 minutes.
 - 4) Top steaks with cream sauce and serve over baked asparagus.
- *Option to add a side salad of fresh greens drizzled with lemon or balsamic vinegar.