

Treasure Barrel

Garlic Butter Steak and Zucchini Delight

10 min Prep time	**15 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb flat-iron steak, sliced 1/2 inch thick
- [ ] 2 medium zucchini, sliced into half-moons
- [ ] 3 tbsp unsalted butter, cut into pieces
- [ ] 3 cloves garlic, minced
- [ ] 1 tbsp olive oil
- [ ] 1 tsp salt
- [ ] ½ tsp black pepper
- [ ] 1 tsp fresh thyme leaves
- [ ] 1 tbsp lemon juice
- [ ] 2 tbsp fresh parsley, chopped

Instructions

1. Pat the steak dry with paper towels, then season both sides with salt, pepper, and half the thyme.
2. Heat olive oil in a large skillet over medium-high heat; when shimmering, add the steak and sear 2-3 minutes per side until browned but still pink inside. Remove steak to a plate and cover loosely.
3. Reduce heat to medium; add butter and let it melt, then stir in minced garlic and remaining thyme. Cook 30 seconds, being careful not to let the garlic brown.
4. Add the zucchini to the pan, tossing to coat in the garlic-butter. Sauté 3-4 minutes until just tender yet still crisp.
5. Return the steak to the skillet, drizzle with lemon juice, and toss everything together for another minute. Finish with chopped parsley and serve immediately.

Nutrition per serving

420 kcal	32 g	8 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a richer sauce, add an extra tablespoon of butter at the end.
- A splash of white wine can replace some of the lemon juice for a subtle depth.
- For extra heat, sprinkle a pinch of red pepper flakes while cooking the zucchini.