Garlic Butter Steak with Steamed Broccoli

Quick pan-seared steak topped with savory garlic butter, paired with tender steamed broccoli for a healthy, low-carb meal perfect for beginners.

Servings: 2 **Time:** 25 minutes

Ingredients

- 2 (6 oz) ribeye steaks
- 3 tbsp unsalted butter
- 3 cloves garlic, minced
- 1 tsp olive oil
- 1 head broccoli, cut into florets
- Salt, to taste
- Freshly ground black pepper, to taste
- Optional: 1 tsp fresh parsley, chopped

Instructions

1. Season both sides of the steaks with salt and pepper.
2. Heat olive oil in a large skillet over medium-high heat.
3. Add steaks to the skillet and cook for 3-4 minutes per side for medium rare, or your preferred doneness.
4. Meanwhile, bring a pot with 1 inch of water to a boil and place broccoli florets in a steamer basket over the boiling water.
5. Cover and steam broccoli for 5-7 minutes until tender but crisp.
6. During the last 2 minutes of cooking the steak, melt butter in a small pan over medium heat.
7. Add minced garlic and cook for 1-2 minutes until fragrant but not browned.
8. Remove steaks from heat and spoon garlic butter over each steak.
9. Let steaks rest for 3 minutes before serving with steamed broccoli.
10. Optional: Garnish with fresh parsley.

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