

Grilled Cowboy Steak with Garlic Green Beans

Recipe By Kolev Klein



Cooking and Prep:  40
m

Serves:  4

Contains:  

Preference: Meat

Difficulty: Easy

Diet: Low Carb, Sugar Free

Perfectly grilled cowboy steak with a quick steak sauce and deliciously seasoned garlic lemon green beans.

[Click here to watch the entire show!](#)

Ingredients (13)

Steak

1 thick cowboy steak (2–3 pounds)

Haddar Kosher Salt

black pepper

Garlic Green Beans

handful of fresh green beans

2 cloves garlic, grated

olive oil

Haddar Kosher Salt

black pepper

juice of 1/2 lemon

Sauce

few drops of Asian sesame oil

few tablespoons Gefen Soy Sauce

few tablespoons Tuscanini Balsamic Vinegar

1/2 teaspoon Gefen Garlic Powder

Start Cooking

For the Steak

1. Generously season steak with kosher salt (if you are not sure, add a little more).
2. Sprinkle on black pepper.
3. Create a dual-zone grill by having one side of the grill hotter and another side cooler.
4. Start the steak on the hot side of the grill and grill on both sides until there is a nice crust. Depending on the heat of your fire, this could take two to four minutes per side. Once both sides are seared, transfer the steak to the cooler side of the grill and continue grilling, about five minutes per side. Check the internal temperature with thermometer to see if it is ready (it should read around 125 degrees Fahrenheit).
5. Cut the meat off the bone and slice the steak against the grain. You could char the bone on the grill to give it a uniform color before serving.

For the Green Beans

- 1.

Heat olive oil in a pan. Add garlic to pan and sauté until fragrant. Add the green beans to the pan and sauté until tender.

2. Season with salt and pepper. When the green beans are almost done, add a squeeze of lemon juice from half a lemon. Taste to make sure it has enough salt and lemon juice.

Tip:

You can put the green beans on the hot grill to give them some extra grilled flavor.

For the Sauce

1. In a small bowl add a few drops of Asian sesame oil and a few tablespoons each of soy sauce and balsamic vinegar and mix.
2. Add garlic powder, then mix together and taste. Add balsamic vinegar if it's too salty or add soy sauce if it's too sweet. Sprinkle on and around the steak.

SKILL'IT

Skill'it is a thrilling and innovative kosher cooking competition, featuring four chefs battling to impress the judges and prove their skills by meeting a series of cooking challenges.