

Flank steak with biscuits and green beans

Dinner Sheet — March 28, 2026

Quick & Simple Version

Total time: 35 minutes

Ingredients (4 servings)

- 1.5 lbs flank steak
- 1 tube refrigerated biscuits (8 count)
- 1 lb fresh green beans, trimmed
- 3 tbsp olive oil
- 2 cloves garlic, minced
- Salt and black pepper
- 1 tbsp butter

Directions

1. **Preheat oven to 425°F.** Place biscuits on baking sheet and bake **12-15 minutes** until golden.
2. **Season steak** generously with salt and pepper on both sides.
3. **Heat 2 tbsp oil** in large skillet over medium-high heat. Cook steak **4-5 minutes per side** for medium-rare.
4. **Rest steak** on cutting board for 5 minutes, then slice against the grain.
5. **Meanwhile, boil green beans** in salted water for **4-5 minutes** until crisp-tender. Drain.
6. **Sauté garlic** in remaining oil for 30 seconds, add green beans, butter, salt and pepper. Toss **1 minute**.
7. **Serve** sliced steak with warm biscuits and green beans.

Elevated Version

Additional Ingredients

- 2 tbsp soy sauce
- 1 tbsp brown sugar
- 1 tsp smoked paprika
- 4 tbsp butter (softened)
- 2 tbsp fresh herbs (thyme or rosemary)
- 1/4 cup red wine
- 2 tbsp heavy cream

Upgrades

- **Marinate the steak** 30 minutes in soy sauce, brown sugar, and paprika for deeper flavor.
- **Make compound butter** by mixing softened butter with minced herbs and garlic for the biscuits.
- **Create pan sauce** after cooking steak: deglaze pan with red wine, add cream, simmer 2 minutes.
- **Char the green beans** in cast iron skillet instead of boiling for smoky flavor and better texture.
- **Brush biscuit tops** with herb butter before and after baking for restaurant-quality finish.

Make It Healthier

Boost Nutrition

- **Double the green beans** and add sliced almonds or pine nuts for healthy fats and crunch.
- **Steam green beans** instead of boiling to retain more vitamins and minerals.
- **Add cherry tomatoes** to the green bean sauté for extra antioxidants and color.

Health Tips

- **Portion control:** Aim for 4-5 oz steak per person, fill half your plate with green beans.
- **Swap biscuits** for roasted sweet potato rounds or cauliflower mash to reduce refined carbs.
- **Use cooking spray** instead of oil when possible to cut calories without sacrificing flavor.

Quick Tips & Notes

- **Slice against the grain** or flank steak will be tough. Look for the muscle fibers and cut perpendicular.
- **Leftover steak** keeps 3 days refrigerated and reheats well in skillet over medium heat.
- **Make-ahead tip:** Prep green beans and compound butter earlier in the day for faster assembly.