

Lemon-Soy Steak with Asparagus, Mushrooms, Ginger & Sesame Seeds



30 minutes | 2 servings

Find cookware

[baking sheet pan](#)
[chef's knife](#)
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[measuring spoons](#)
[mixing bowls](#)
[nonstick skillet](#)
[oven mitts](#)
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[whisk or fork](#)

Grab ingredients

1 small bunch	asparagus
3 cloves	garlic
1 (1 inch) piece	ginger root
½	lemon
2 caps	portobello mushrooms
¾ lb	striploin (New York strip) steak
	black pepper
	oregano, dried
	salt
	sesame seeds
	soy sauce
	toasted sesame oil

Cook & enjoy

- 1 Preheat oven to 425°F.
- 2 Wash and dry the fresh produce.
½ lemon
1 small bunch asparagus
2 caps portobello mushrooms
1 (1 inch) piece ginger root
- 3 Zest and juice lemon into a medium bowl.
- 4 Peel and mince garlic; add to the bowl with the lemon juice, along with soy sauce, oil, and spices. Whisk to combine the marinade.
1 clove garlic
1 tbsp soy sauce
1 tbsp toasted sesame oil
½ tsp oregano, dried
½ tsp salt
¼ tsp black pepper
- 5 Add steak to the bowl with the marinade, turn to coat, and set aside.
¾ lb striploin (New York strip) steak
- 6 Snap or cut off the woody ends of the asparagus; transfer to a baking sheet pan.
- 7 Slice mushrooms into ¼-inch thick pieces and add to the baking sheet with the asparagus.
- 8 Peel and mince ginger and additional garlic; sprinkle over the veggies.
2 cloves garlic

- 9 Drizzle veggies with oil and soy sauce; sprinkle with sesame seeds, salt, and pepper. Toss to coat and spread out in an even layer.
2 tsp toasted sesame oil
2 tsp soy sauce
1 tbsp sesame seeds
¼ tsp salt
¼ tsp black pepper
- 10 Place baking sheet in the oven and roast, tossing once, until veggies are fork-tender, about 15 minutes. Remove from oven.
- 11 Meanwhile, preheat a skillet over medium-high heat.
- 12 Once the skillet is hot, add oil and swirl to coat the bottom. Add the steak and marinade; pan-fry until steak reaches desired doneness, 2-5 minutes per side. Transfer to a plate and let rest 5 minutes.
1 tsp toasted sesame oil
- 13 Thinly slice steak against the grain.
- 14 To serve, divide veggies and steak between plates. Enjoy!