

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

30 minutes | 2 servings



## Find cookware

[baking sheet pan](#)  
[chef's knife](#)  
[citrus juicer \(optional\)](#)  
[colander](#)  
[cutting board](#)  
[garlic press \(optional\)](#)  
[grater \(optional\)](#)  
[measuring spoons](#)  
[mixing bowls](#)  
[nonstick skillet](#)  
[oven mitts](#)  
[tongs](#)  
[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  
1/4 tsp salt  
1/4 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!