

Pan-Fried Steak with Sweet Potato Mash & Green Beans



35 minutes | 2 servings

Find cookware

[chef's knife](#)
[colander](#)
[cutting board](#)
[garlic press \(optional\)](#)
[measuring spoons](#)
[mixing bowls](#)
[potato masher](#)
[small saucepan](#)
[stainless steel or cast iron skillet](#)
[tongs](#)
[vegetable peeler](#)

Grab ingredients

1 clove	garlic
½ lb	green beans
¾ lb	ribeye steak
¾ lb	sweet potato
	black pepper
	butter, unsalted
	salt
	virgin coconut oil

Cook & enjoy

- 1 Wash and dry the fresh produce.
¾ lb sweet potatoes
½ lb green beans
- 2 Peel and cut the sweet potatoes into 1-inch cubes; transfer to a small saucepan.
- 3 Add water to the saucepan, covering the potatoes, and bring to a boil. Cook until they are tender when pierced with a fork, 8 to 10 minutes.
- 4 Trim and discard the ends of the green beans; transfer to a medium bowl.
- 5 Trim off and discard the root end of the garlic; peel and mince or press the garlic.
1 clove garlic
- 6 Preheat a skillet over medium-high heat.
- 7 While the skillet heats up, pat the steak dry with paper towels and place on a plate; season generously with salt and pepper on both sides.
¾ lb ribeye steak
½ tsp salt
¼ tsp black pepper
- 8 Once the skillet is hot, add coconut oil and swirl to coat the bottom.
½ tbsp virgin coconut oil
- 9 Carefully place the steak in the skillet; flipping every 15 to 30 seconds, cook the steak until desired doneness (5 to 7 minutes for medium-rare). (Use a thermometer or cut into the steak to check the doneness.) Once done, transfer the steak to a plate and let it rest for 5 to 10 minutes.
- 10 Once the steak has been transferred, add the green beans to the skillet and season with salt and pepper. Cook, tossing frequently, until they are bright green and tender-crisp, 3 to 4 minutes. Once done, remove the skillet from the heat.
¼ tsp salt
⅛ tsp black pepper

- 11 Once the potatoes are tender, scoop out $\frac{1}{4}$ cup of the water and set aside, then drain the potatoes in a colander and return them back to the saucepan.
- 12 Add the reserved cooking water, minced garlic, butter, salt, and pepper to the potatoes; mash with a potato masher (or a fork) until smooth.
 - 1 tbsp butter, unsalted
 - $\frac{1}{4}$ tsp salt
 - $\frac{1}{8}$ tsp black pepper

- 13 To serve, divide the steak, sweet potato mash, and green beans between plates. Enjoy!