

Broiled Flat Iron Steak with Brussels Sprouts and Sweet Potatoes



ACTIVE TIME 15 mins

TOTAL TIME 25 mins

YIELD

Serves 4 (serving size: 90 gm. steak and about 1 cup vegetables)

This one-pan meal is a crowd-pleaser and testament to how 4 ingredients can come together to form a supremely satisfying dish, ready in a flash. We use an old-school cooking trick here and broil the steak directly over the veggies so the meat juices baste them as they caramelize. If

you can't find flat iron, flank steak also works well here, but we like the flavour and texture variety in a large flat iron cut. Brussels sprouts, coaxed to crispy golden brown in the broiler, pair beautifully with the broiled sweet potatoes, which balance the light, pleasant bitterness in the sprouts.

Ingredients

- 180 gm Brussels sprouts, trimmed and halved
- 180 gm sweet potato, peeled, halved lengthwise, and sliced into thin half-moons
- 2 tablespoons olive oil, divided
- 1 (500g) flat iron steak, trimmed (oyster blade steak)
- 2 teaspoons chopped fresh thyme, divided
- 1 teaspoon salt, divided
- $\frac{3}{4}$ teaspoon of pepper

How to Make It

1. Preheat broiler, with oven rack 6 inches from heat.
2. Place Brussels sprouts and potato on a rimmed baking sheet; toss with 1 tablespoon oil, and spread in an even layer. Place a wire rack in pan over vegetables. Rub steak with 1 1/2 teaspoons oil, and place on rack in pan over vegetables. Sprinkle steak with 1 teaspoon thyme, 1/2 teaspoon salt, and half of pepper.
3. Broil 10 minutes. Turn steak over; drizzle with remaining 1 1/2 teaspoons oil, and sprinkle with remaining thyme, salt, and pepper. Broil about 5 minutes or until desired degree of doneness.
4. Remove steak from pan, and let stand 5 minutes. Cut across the grain into thin slices. Place vegetables in a bowl; pour in pan juices, and toss to coat.