

Sheet Pan Hanger Steak and Vegetables

By Karen-Shroeder-Rankin, *Southern Living Magazine*, January 7, 2020

Active Time: 20 minutes

Total time: 45 minutes

Serves: 4

Ingredients

1 1/2 pounds hanger steak (about 3 [8-oz.] steaks)

1 large sweet potato, peeled and cut into 1/2-inch cubes (about 2 1/2 cups)

12 ounces French green beans (haricots verts) or green beans, trimmed

3 tablespoons olive oil, divided

1 1/2 teaspoons kosher salt, divided

1/2 teaspoon black pepper, divided

1/4 cup butter, softened

1 teaspoon chopped fresh thyme

1 teaspoon lemon zest (from 1 lemon)

1 teaspoon Dijon mustard

Directions

1. Preheat oven to high broil with rack positioned 6 inches from heat source. Let steaks stand at room temperature 20 minutes.
2. Meanwhile, toss together sweet potatoes, green beans, 2 tablespoons of the oil, and 3/4 teaspoon of the salt on a large rimmed baking sheet. Spread in an even layer. Place a wire rack on top.
3. Rub steaks evenly with remaining 1 tablespoon oil; sprinkle with 1/4 teaspoon of the pepper and remaining 3/4 teaspoon salt. Arrange on rack over vegetables. Broil in preheated oven until steaks are lightly browned on 1 side, 5 to 6 minutes. Turn steaks over; broil until lightly browned on other side and cooked to medium-rare doneness (130°F), 4 to 5 minutes. Remove wire rack from baking sheet. Transfer steaks to a cutting board; rest 10 minutes.
4. Meanwhile, return vegetables to oven; broil until tender, 5 to 10 minutes.
5. Stir together butter, thyme, lemon zest, mustard, and remaining 1/4 teaspoon pepper. Slice steak against the grain. Serve steak and vegetables alongside butter.