THNX ROB · FEATURED RECIPE

Garlic Butter Steak Bites & Mashed Potatoes

Seared sirloin, golden garlic butter, a pot of Yukon Gold mash and steamed broccoli. Built for a weeknight, fuel for the next day.

SERVES	TOTAL TIME	COST PER SERVING
4	35 min	about $9.19 est.



Ingredients

2 lb	top sirloin steak, cut into 1-inch cubes
3 lb	Yukon Gold potatoes, cut into 2-inch chunks
6 tbsp	salted butter, divided (3 for the steak, 3 for the mash)
1 head	garlic: 6 cloves thinly sliced, 2 cloves smashed
¾ cup	whole milk, warmed
¼ cup	fresh flat-leaf parsley, chopped
1 lb	fresh broccoli crowns, cut into florets (or one 12 oz steam-in bag)
1 tbsp	avocado oil
To taste	kosher salt and black pepper (pinch of red pepper flakes optional)
Optional	a squeeze of lemon for the broccoli

Steps

1. **Start the potatoes.** Cover the potatoes and the 2 smashed garlic cloves with cold, well-salted water. Bring to a boil, then simmer 15–18 min until a knife slides straight through.
2. **Dry and season the steak.** Pat the cubes very dry with paper towels. Season with 1½ tsp salt and plenty of pepper. Dry steak is what gets you a real crust.
3. **Sear hot and fast.** Heat the avocado oil in a cast-iron skillet over high heat until it shimmers. Sear the steak in a single layer, in 2 batches, 1½–2 min per side. Move to a plate.
4. **Make the garlic butter.** Drop the heat to medium. Melt 3 tbsp butter, add the sliced garlic (and pepper flakes) and stir 30–60 sec until golden, not brown. Return the steak and toss 1 min. Parsley in, off the heat.
5. **Mash.** Drain the potatoes and let them steam dry in the hot pot for 1 min. Mash with 3 tbsp butter and the warm milk. Season to taste.
6. **Steam the broccoli.** While the potatoes finish, steam the broccoli florets over boiling water, covered, about 4–6 min until bright green and tender-crisp (or microwave the steam-in bag as the package directs). Season with salt, pepper and an optional squeeze of lemon. It adds fiber and color to the plate.
7. **Plate it.** Mash on one side, steak bites on the other, broccoli alongside. Spoon the pan butter over the steak and mash and you're done.

Doneness: about 130–135°F for medium-rare. USDA recommends 145°F (with a 3-minute rest) for whole cuts of beef.

Allergens: Contains dairy (butter and whole milk).

About 57 g protein, about 1,000 calories per serving (1 of 4 servings; estimate based on USDA FoodData Central standard values).

Estimated cost, based on typical Publix prices (Oct 2026); prices vary. About $36.76 for 4 servings, approx. $9.19 per serving (Nov 2026, estimate), mostly the sirloin (2 lb at about $12.19/lb). Broccoli is an estimate (about $2.99/lb est., not from a store ad). Other prices from Publix online listings, Oct 25, 2026; in-store and sale prices are often lower.

General food ideas for healthy adults, not medical advice. If you have a medical condition, food allergy, or take medication affected by diet, check with your doctor first.