

Sheet Pan Steak and Rainbow Veggies

Link for credit: <https://tasty.co/recipe/sheet-pan-steak-and-rainbow-veggies>

Ingredients - Veggies

- 1 large carrot, cut into coins
- 1 ½ cups cherry tomato
- 1 yellow bell pepper, 1 in (2 1/2 cm) dices
- 1 medium red onion, 1 in (2 1/2 cm) dices
- 10 asparagus, trimmed and cut in half
- 3 tablespoons olive oil
- salt, to taste
- pepper, to taste
- 4 cloves garlic
- 4 sprigs fresh thyme

Ingredients - Steak

- 1 sprig fresh thyme
- 1 lb sirloin steak
- 1 tablespoon olive oil
- 1 clove garlic
- salt
- Pepper

Tips for dish: Recommend searing steak in a pan to brown on all sides before placing in oven. Check thickness of steak and adjust time in oven if needed. Use a meat thermometer to check doneness of steak for medium rare to well done.

Preparation

1. Preheat oven to 400°F.
2. Prepare the vegetables.
3. Place cherry tomatoes, carrots, yellow bell pepper, red onion and asparagus evenly on a baking tray. Try not to let the vegetables overlap too much, so that they roast properly.
4. Season with olive oil, salt and pepper to taste.
5. Add garlic cloves and sprigs of thyme on top of the vegetables.
6. Roast vegetables for 15 minutes.
7. Take the tray out of the oven and push vegetables to the side to make room for the steak. Place the steak in the middle of the pan and season both sides with olive oil, salt and pepper.
8. Top the steak with a sprig of thyme and a clove of garlic. Place the tray back in oven for 10 more minutes or until desired doneness is reached.
9. Allow the steak to rest for 5-10 minutes. Plate the vegetables and top with cut steak.

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