Meet THE MOM 100

Katie Workman is a cook, writer, mother of two, and an advocate for family meals, which is the inspiration behind the dinners she’s designed exclusively for FreshDirect. She is the author of two award-winning cookbooks, Dinner Solved! and The Mom 100 Cookbook.

MOM 100 Finding time for family dinners can be tough. Here are five tips to get more out of your meal.

1. Make family mealtime a priority a few times a week. Put it in everyone’s calendar, and don’t let it get bumped!

2. Let each kid own the answer to “What’s for dinner?” once a week—a night when they get to choose the recipe or meal kit.

3. Get the kids involved in the prep. Cooking together and allowing them to make small judgment decisions (“Is the sauce thick enough?”) gives them a sense of ownership.

4. Got a good story, a funny joke, or saw something weird on the train? File it away for dinner conversation.

5. Ask specific questions at the table. “How far along are you in building your model of the Temple of Dendur?” is better than “How’s school?”

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SOY-GINGER FLANK STEAK

with Sautéed Green Beans

SERVES 4

EST. COOKING TIME: 30–40 MINUTES • ALLERGENS: MILK, SOY

This Asian-inspired steak has such a great level of flavor, you will be surprised to find out it really doesn’t need any marinating time. Thin steak slices are served over piles of fluffy rice with sautéed green beans on the side. It’s a simple and speedy steak dinner that you’ll find yourself wanting to go back to again and again.

FAMILY PAIRINGS:

- Cabernet Sauvignon or Bordeaux Blend
- Toasted Lager or IPA
- Fruit-Infused Water
HAVE ON HAND:

vegetable oil
salt
pepper

INGREDIENTS

¾ oz. fresh ginger
2 cloves garlic
2 scallions
1 lime
12 oz. green beans
1 shallot
8 oz. basmati white rice
3 pats butter
½ cup low sodium tamari soy sauce (gluten-free)
½ cup dark brown sugar
¼ tsp. red pepper flakes
2 14 oz. flank steaks

THE MOM 100 SAYS:

The red pepper flakes will provide a kick—leave them out if you think it won’t fly with everyone, and sprinkle them over the portions of those who like a little heat. Let those who wish add scallions and a squeeze of lime juice to their servings themselves.

TOOLS:
broiler
medium saucepot with lid
small saucepan
rimmed baking sheet
large skillet with lid
aluminum foil
peeler

WHAT YOU’LL NEED:

FD.BEEF9 THE MOM 100 SAYS:

Let the kids help
Peel the ginger with a spoon. Combine the ingredients for the rice. Brush the steak with the glaze, both before and after cooking.

Step One: Prepare Your Ingredients

Preheat the broiler and make sure the top rack is about 5 - 6 inches away from the heat source. Peel and finely chop the ginger. Finely chop the garlic. Cut the root ends off the scallions and slice them into ¼-inch pieces diagonally, both white and green parts. Cut the lime into 8 wedges. Peel and thinly slice the shallot.

Step Two: Make the Rice

Combine the rice, 1 pat butter, 2¼ cups water, and a generous pinch of salt in a medium saucepot with a lid. Bring to a boil, then reduce heat to low, cover, and cook for 20 minutes. When the rice is done, remove from heat and let stand, covered, for 5 minutes. Fluff with a fork and keep warm for serving.

Step Three: Make the Sauce

While the rice is cooking, heat 2 teaspoons vegetable oil in a small saucepan over medium-low heat. Add the garlic and ginger and cook, stirring, until the garlic turns golden, about 1 minute. Add the soy sauce, brown sugar, and red pepper flakes. Increase the heat to medium and simmer until the sauce is slightly reduced and syrupy, stirring occasionally, about 5 minutes. Remove from heat.

Step Four: Broil the Steak

Line a rimmed baking sheet with aluminum foil and lightly oil. Place the flank steak on the baking sheet and season both sides with pepper. Brush the top of the flank steak with some of the soy glaze and broil for 4 minutes. Using tongs, turn the steak, brush the second side with the glaze and broil 4 minutes longer or until desired doneness [don’t use all the soy glaze; reserve some for Step Six]. Carefully watch the meat as the sugar in the glaze can cause it to caramelize quickly. Transfer the steak to a cutting board and let sit for 5 minutes.

Step Five: Make the Green Beans

Meanwhile, heat a large skillet with a lid over medium heat and add the remaining 2 pats of butter. When melted, add the shallot and cook until softened, about 3 minutes. Increase the heat to medium-high, add the green beans, season with a pinch of salt and pepper, and cook for about 2 minutes more. Add 2 tablespoons of water, cover the skillet, and steam the beans for 3 minutes. Remove the lid and cook until the liquid has evaporated, about 1 - 2 minutes. Remove from heat and cover to keep warm for serving.

Step Six: Serve Up Dinner

While the green beans are cooking, bring the remaining soy glaze to a simmer over low heat. Thinly slice the flank steak across the grain on the diagonal and brush the slices with the remaining soy glaze. Divide the steak, rice, and green beans between 4 plates. Scatter the scallions on top of the steak and garnish with lime wedges.

Let the kids help
Peel the ginger with a spoon. Combine the ingredients for the rice. Brush the steak with the glaze, both before and after cooking.