

Steak Spaghetti with Garlic Parmesan Cream and Broccoli Crowns

1 lb steak, such as sirloin or ribeye, thinly sliced or cubed



TIME

3 to 4 min

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INGREDIENTS

12 oz spaghetti
1 lb steak, such as sirloin or ribeye, thinly sliced or cubed
Salt, black pepper, and garlic powder, to taste
2 tbsp olive oil
3 tbsp butter
5 cloves garlic, minced
1 $\frac{1}{2}$ cups heavy cream
1 cup freshly grated parmesan cheese
2 cups broccoli crowns, cut into florets
 $\frac{1}{2}$ tsp Italian seasoning
Optional: red pepper flakes, parsley, extra parmesan

DIRECTIONS

1. Cook the pasta and broccoli: Bring a large pot of salted water to a boil. Cook the spaghetti according to package directions. During the last 3 to 4 minutes of cooking, add the broccoli florets to the same pot. Drain everything and set aside.
2. Season the steak: Pat the steak dry and season it with salt, black pepper, and garlic powder.
3. Sear the steak: Heat the olive oil in a large skillet over medium-high heat. Add the steak and sear for 3 to 5 minutes, stirring or turning as needed, until browned and cooked to your preferred doneness. Remove the steak from the skillet and set aside.
4. Build the garlic base: Reduce the heat slightly and add the butter to the same skillet. Once melted, stir in the minced garlic and cook for about 1 minute, just until fragrant.
5. Create the cream sauce: Pour in the heavy cream and let it simmer gently for 3 to 4 minutes, stirring occasionally, until it thickens slightly.
6. Add the parmesan: Stir in the grated parmesan cheese and Italian seasoning. Continue stirring until the cheese melts into a smooth, creamy sauce. Taste and adjust with salt and pepper as needed.
7. Bring everything together: Return the steak to the skillet, then add the cooked spaghetti and broccoli. Toss everything together until the pasta, steak, and broccoli are fully coated in the garlic parmesan cream.
8. Garnish and serve: Finish with chopped parsley, extra parmesan, and a sprinkle of red pepper flakes if desired. Serve hot.

SWAPS & NOTES

Sirloin is a great choice here because it is flavorful, cooks quickly, and stays tender when sliced thin.

Ribeye gives you an even richer result if you want something more indulgent.

If using a leaner cut, be careful not to overcook it.

Freshly grated parmesan melts more smoothly into the sauce than pre-shredded cheese, so it is worth using if you can.

TIPS FOR SUCCESS

The biggest key to this recipe is not overcooking the steak.

Since it cooks quickly in a hot skillet, thin slices or small cubes only need a few minutes.

Pulling the steak out before making the sauce helps keep it tender.

Another important tip is to keep the sauce at a gentle simmer, not a hard boil.

More recipes: [ChefManiac.com](https://chefmaniac.com)

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