

Cast Iron Steak with Chimichuri & Vegetables

Prep time: 35 minutes

Cook Time: 25 minutes

Ingredients:

1-pound sirloin steak

Prepared chimichurri (see link)

1 cup prepared quinoa

1 zucchini sliced in half then in ½ inch slices

1 red bell pepper chopped medium

1 cup Red cabbage sliced thin-medium

¼ cup minced onion

1. Prepare 1 cup of quinoa according to package instructions.
2. Wash and prepare all vegetables as directed.
3. Mix one 1 teaspoon cumin, 1 teaspoon oregano, ½ teaspoon coriander in small bowl and set aside.
4. Season steaks with salt, pepper, ½ prepared cumin blend. Place cast iron skillet on stove top and heat until very hot.
5. Add one tablespoon avocado oil to hot skillet. Place seasoned steaks on hot skillet and cook 3-4 minutes on each side without turning. Turn off the burner and cover skillet with lid for an additional 5 minutes cook time. This will result in medium rare – medium internal temperature. You may adjust the sear time according to your preference. Once done cooking. Allow steaks to rest on cutting board and tent with aluminum foil.
6. Wipe the inside of the cast iron with moist paper towel and heat 1.5 tablespoons avocado or olive oil in pan. Add squash, bell pepper and onion once hot. Season with salt and pepper and the remaining cumin, coriander, and oregano blend. Cook 3-5 minutes, stirring occasionally until tender.
7. Add cabbage to pan with veggies. Stir to combine and cook additional 2-3 minutes.
8. Plate the dish with quinoa, veggies, and steak. Drizzle with chimichurri sauce and serve.

Nutrition tip: This recipe is Paleo and Keto when served without Quinoa

Traditional Chimichuri sauce:

<https://www.bonappetit.com/recipe/chimichurri-sauce-2>