

Seared Steak with Lemon Broccolini and Tomato Salad



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS

- 10 oz [283.5 g] Beef Skirt Steak (Lean Only, Trimmed to 1/4" Fat)
- 1 tbsp [18 g] Salt
- 0.5 tbsp [3.2 g] Black Pepper
- 10 stalks [100 g] Broccolini
- 1 tbsp [12.8 g] Clarified Butter Ghee
- 1 medium Lemon (*Zest and juice lemon, set aside in separate bowls*)
- 1.5 tbsp [21 g] Olive Oil
- 20 tomato [340 g] Cherry Tomatoes (*Cut each cherry tomato into fourths*)
- 0.25 onion (small) [37 g] Red Onions (*Thinly sliced*)

DIRECTIONS

1. Add cherry tomato quarters, sliced red onions, half of the lemon juice, a third of the salt, a third of the black pepper, and a third of the olive oil to a medium bowl. Mix until all ingredients are combined. Refrigerate until ready to eat.
2. Season skirt steak with a third of the salt and a third of the black pepper. Make sure that both sides of the steak are seasoned. Set aside at room temperature.
3. Sear steak using two-thirds of the olive oil over medium heat until it reaches your preferred doneness. Flip steak every 5 minutes to ensure an even sear on both sides.
4. Remove the steak from the pan and set it aside to rest for 10 minutes before slicing.
5. Add broccolini to a saucepan over medium heat. Let the broccolini cook on each side for a two minutes; this may slightly char the broccolini.
6. Add ghee, lemon zest, half the lemon juice, a third of the salt, and a third of the black pepper to the pan with the broccolini. Toss all ingredients together until the broccolini is fully coated. Continue to cook the broccolini, stirring occasionally, until tender.

NUTRITION INFO

Calories : 443.73

Fat : 28.64 g

Carbs : 15.01 g

Protein : 33.85 g

Fiber : 4.06 g



Sea Rae Wellness