



## Steak & Quinoa with Chimichurri

2 servings

30 minutes

### Ingredients

- 1/2 cup Quinoa (dry, rinsed)
- 283 grams Top Sirloin Steak
- Sea Salt & Black Pepper (to taste)
- 4 grams Avocado Oil Spray
- 1/4 cup Cilantro (finely chopped)
- 2 tbsps Extra Virgin Olive Oil
- 1/2 Lime (medium, juiced)
- 1 Garlic (clove, minced)
- 1/4 tsp Chili Flakes

### Nutrition

Amount per serving	
Calories	585
Carbs	29g
Fiber	3g
Sugar	0g
Protein	34g
Cholesterol	111mg
Sodium	76mg
Vitamin A	147IU
Vitamin C	4mg
Calcium	61mg
Iron	4mg
Vitamin D	0IU

### Directions

- 1 Cook the quinoa according to the package directions.
- 2 Heat a cast-iron pan over high heat. Meanwhile, season the steak all over with salt and pepper.
- 3 Spray the pan with oil. Place the steak in the pan and cook for four to five minutes per side or until cooked to your liking. Remove the steak from the pan and let it rest for five minutes before slicing.
- 4 Meanwhile, in a bowl, mix together the cilantro, olive oil, lime juice, garlic, and chili flakes. Season with salt.
- 5 Divide the steak and quinoa between serving plates. Top with chimichurri and enjoy!

### Notes

**Leftovers:** Best enjoyed fresh. Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is approximately half a cup of quinoa, one cup of steak, and two tablespoons of chimichurri.

**Additional Toppings:** Green onion.

**Avocado Oil Spray:** One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.