CONSCIOUS REWIRE

Evidence-Based Functional Nutrition

Steak and Fiddlehead Salad

High-Protein Seasonal Greens

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What This Supports

Supports protein intake and micronutrient diversity.

Why It Works

Lean steak provides protein and iron, while fiddleheads and vegetables add fiber and seasonal variety.

Ingredients

Steak and Fiddlehead Salad

Ingredients:

tbsp ghee

lb flat iron steak, cut into thin strips

oz fresh fiddleheads

Directions

If fiddleheads are out of season you can disregard directions to cook them and put the rest of the salad (warm) on a bed of arugula

. Bring a pot of salted water to boil. Add fiddleheads and cook for 7 minutes. Drain and rinse with cold water, set aside.

. While fiddleheads are cooking prepare meat and veggies. Cut steak into thin strips, slice asparagus, and chop red pepper.

. Melt ghee in pan on medium-low and add steak, getting an even cook on all sides, this will only take a few minutes.

. Add in fiddleheads, asparagus, red pepper, and salt. Stir to combine and cook for an additional minute or two, until the veggies deepen in colour.

. Serve with lemon zest, dill, sliced beet, and some broth from the bottom of the pan.

Best Use

Use as a main salad on higher-activity days.

Food Notes & Safety

Cook fiddleheads thoroughly before use.

Storage

Refrigerate leftovers up to two days.