

RECIPE

Steak Salad



1 serving

Calories: 350-400 calories

Fat: 25g

Protein: 40g

Fiber: 8g

Ingredients

- 4oz steak
- 4 cups of mixed greens (arugula, spinach, kale, romaine)
- ¼ avocado
- 4 baby tomatoes
- ⅛ red onion
- ⅛ cucumber
- Olive oil, and vinegar
- Lemon juice
- Spices (salt, pepper, garlic powder, oregano
- ¼ feta

Instructions

- Cut up the avocado, cucumber, tomatoes and onions and toss it with the mixed greens salad. Set aside
- Lightly pour some lemon juice and seasoning over the steak
- Put ½ tablespoon cube of butter on top before searing
- Heat skillet over high heat
- Add 1-2 tablespoons of olive oil. Heat until it oil begins to simmer
- Add the prepared steak to the skillet.
- Cook 3-4 minutes on each side until a crisp crust forms or to your liking.
- Tilt the skillet to pool juices and pour over the steak continuously to baste.
- Transfer steak onto the prepared salad mix
- Sprinkle feta cheese on top and drizzle with olive oil and vinegar