



Steak Protein Bowl

A perfect recipe as a quick weeknight meal, or prep the ingredients ahead of time and reheat it for a satisfying work-from-home lunch.

Ingredients

3 oz. cooked flank, sirloin, or skirt steak
2 tablespoons avocado oil, divided
1/2 cup dry rice
1/2 cup broccoli florets
1/2 cup cherry tomatoes, sliced
1/2 cup corn
1/2 imperator carrot, thinly sliced
1/2 avocado, sliced
1 tablespoon Ranch Dressing
1/4 teaspoon Just Spices Avocado Topping
1 cup water

Directions

Cook the Rice: Heat one cup of water in a pot until boiling, then add rice. Cover the pot and simmer for 15-18 minutes. You can make the steak and veggies while the rice cooks.

Prepare the Steak: Preheat your stovetop pan to medium-high heat. Add steak and half of the avocado oil. Sear the steak for a few minutes on each side until cooked to your desired level of doneness. Let it rest for a few minutes before slicing.

Roast the Veggies: Preheat the oven to **425°F**. On a baking sheet, add the broccoli and corn. Add salt and pepper, to taste, and drizzle with the remaining avocado oil. Roast for 15 minutes or until tender.

Assemble the Bowl: Start with a base of rice at the bottom of the bowl. Place avocado, tomato, carrot, sprouts, corn, broccoli, and steak on top of the rice, neatly arranged around the bowl. Sprinkle the **Just Spices Avocado Topping** on top and drizzle with ranch dressing. Serve and enjoy! Salt and pepper to taste