

RECIPE

Grilled Steak and Broccoli

🕒 20 minutes / 1 serving

JUICY GRILLED STEAK PAIRS

PERFECTLY with roasted broccoli, while creamy cannellini beans and crisp celery add hardness, texture, and a bright refreshing contrast. This balanced dish delivers both flavor and nourishment, making an easy weeknight meal that feels special even for the weekend.

INGREDIENTS

- 2 tsp extra-virgin olive oil, divided
- 3 oz sirloin steak
- ¼ tsp garlic powder
- Salt and pepper to taste
- 4 oz broccolini
- ⅓ cup canned cannellini beans, rinsed
- 1 celery stalk, chopped
- 2 tbs shaved Parmesan



INSTRUCTIONS

- 1 **HEAT** a grill or a grill pan over medium-high. Season steak with garlic powder, salt, and pepper and drizzle with 1/2 tsp oil.
- 2 **GRILL** 3-5 minutes per side for medium-rare, depending on thickness of steak. Transfer to a plate.
- 3 **TOSS** broccolini with 1/2 tsp oil; grill until crisp-tender and charred in spots, turning once or twice, 3-4 minutes.
- 4 **MIX** beans, celery, lemon juice, and remaining 1 tsp oil in medium bowl; season and top with Parmesan.
- 5 **SERVE** with steak and broccolini.

NUTRITIONAL INFO PER SERVING

CALORIES

387

PROTEIN

31g

FIBER

11g

CALCIUM

240g