



# date night surf and turf

## Phase 1 Recipe

SERVES 2 | READY IN 35 MINUTES

### Ingredients:

#### Vegetables

- 1 head broccoli, cut into florets
- 1 red bell pepper, cored and cut into strips
- 1 tbsp Ideal Protein Italian Herb Dressing

#### Steak House Spice Blend

- ½ tsp salt
- ¼ tsp ground black pepper
- ¼ tsp onion powder
- ¼ tsp paprika
- ⅛ tsp ground coriander
- ⅛ tsp garlic powder

#### Protein

- 2, 3-4 oz tenderloin steaks
- 1 portion\* large scallops, side muscle removed and rinsed of any silt or sand
- 1 ½ tsp olive oil
- 2 lemon wedges for serving

Place water at the bottom of a steam basket and place steamer on top. Turn up heat to bring water up to a simmer.

Heat a large cast iron skillet over medium heat for at least 5 minutes. Meanwhile, pat tenderloin and scallops dry. Season with steak house spice blend. Swirl in olive oil into the skillet and sear tenderloin and scallops. Sear scallops for 2-3 minutes per side. Sear steak for 3-4 minutes per side. Remove from pan. Tent with foil.

When water comes to a simmer, add broccoli to the steamer basket. Steam until bright green and stems are tender, about 5 minutes. Add pepper strips and steam for 30 seconds. Remove to a bowl and toss with herb dressing.

Serve steak with scallops, lemon wedge and vegetables on two plates.

\*US: 1 Portion = 4-6 ounces

\*CA: 1 Portion = 8 ounces