

flank steak with snow peas and broccoli

Phase 1 Recipe



SERVES 1 | READY IN 30 MINUTES

Ingredients:

- 1 portion* flank steak
- 1 tbsp tamari
- ½ tsp avocado oil

Vegetables:

- ½ tsp avocado oil
- 1 clove garlic, peeled and cut in half
- 2 ½ cup broccoli florets
- 1 cup snow peas, tipped
- ¼ tsp salt

Place flank steak, tamari and avocado oil in a bowl and mix around to coat. You can optionally add this to a plastic bag and marinate for 1 hour to overnight.

Heat a large non-stick skillet over medium high heat. Sear flank steak on both sides until golden brown, about 2-4 minutes per side. Continue cooking until internal temperature of desired doneness is reached (125°F -rare, 140°F - medium rare, and 145°F - medium.). Set aside onto a cutting board and tent with aluminum foil for 5-10 minutes to rest the meat.

Meanwhile, wipe skillet with a paper towel, reheat over high heat and add avocado oil for the vegetables. Swirl to coat the bottom of the skillet. Sauté garlic for 30 seconds. Add broccoli, snow peas and salt. Toss to combine. Cook until broccoli turns bright green, about 3 minutes.

Slice flank steak across the grain and serve on top of vegetables.

*US: 1 Portion = 4-6 ounces

*CA: 1 Portion = 8 ounces