

Spiced Sirloin with Quinoa, Sweet Pepper, Tomato, & Herb Salad



35 minutes | 2 servings

Find cookware

[chef's knife](#)
[citrus juicer \(optional\)](#)
[colander](#)
[cutting board](#)
[garlic press \(optional\)](#)
[grater](#)
[grill pan, outdoor grill, or skillet](#)
[measuring cups](#)
[measuring spoons](#)
[mixing bowls](#)
[small saucepan](#)
[stirring spoon](#)
[tongs](#)
[whisk or fork](#)

Grab ingredients

1 clove	garlic
1 pint	grape tomatoes
½ small bunch	Italian (flat-leaf) parsley
1	lemon
½ cup	quinoa
1	shallot
¾ lb	striploin (New York strip) steak
1	yellow bell pepper
	black pepper
	cayenne pepper
	coriander, ground
	extra virgin olive oil
	salt
	virgin coconut oil

Cook & enjoy

- 1 In a small bowl, combine spices. Pat the steak dry with paper towel, season both sides with spice mixture, and set aside.
½ tsp coriander
½ tsp salt
¼ tsp cayenne pepper
¾ lb striploin (New York strip) steak
- 2 In a small saucepan, combine quinoa and water; bring to a boil. Reduce heat to a simmer, cover, and cook for 15 minutes. Remove from heat and let stand, covered, for 5 minutes.
½ cup quinoa
1 cup water
- 3 Wash and dry the fresh produce.
1 yellow bell pepper
½ small bunch Italian (flat-leaf) parsley
1 lemon
1 pint grape tomatoes
- 4 Peel and mince shallot and garlic. Add both to a medium bowl.
1 shallot
1 clove garlic
- 5 Grate zest from half of the lemon; juice the entire lemon. Place zest and juice into the bowl with the garlic and shallot. Add olive oil, salt, and pepper; whisk to combine the dressing.
1 tbsp extra virgin olive oil
¼ tsp salt
¼ tsp black pepper
- 6 Halve the grape tomatoes and add to the bowl with the dressing.

- 7 Preheat a grill pan or regular skillet over medium-high heat.
- 8 Medium dice the bell pepper and add to the bowl with the dressing and tomatoes.
- 9 Once the skillet is hot, add oil and swirl to coat the bottom.
2 tsp virgin coconut oil
- 10 Place seasoned steaks on the pan and cook until preferred degree of doneness, 3-4 minutes per side for medium. Remove steaks from the pan and allow to rest for 5 minutes.
- 11 Shave parsley leaves off the stems; discard the stems and mince the leaves. Add to the bowl with the vegetables.
- 12 Once the quinoa is finished, fluff with a fork and add to the bowl with the dressing and vegetables. Toss to combine.
- 13 To serve, slice steak into thin strips and divide between plates along with the salad. Enjoy!