

Mind-blowingly Delicious Steak & Veggies

1 lb. NY Strip Steak, Organic, Grass Fed, 2 Tbsp. Olive Oil
cut into 4 oz portions. 1/4 tsp. Pepper, fresh cracked
3 C. Broccoli, cut into florets 1 tsp. Garlic Salt
3 C. Grape Tomatoes 1/4 C. Pepitas
1 C. Japanese Eggplant, cut into half moons Salt & Pepper for the steak

Preheat the oven to 450 degrees. Generously salt the steaks, and let sit for 30 minutes. While the oven is warming up, and your steaks are "salting", prepare your veggies and toss them in a large bowl with olive oil, salt, and pepper. Place on a rimmed baking sheet, and roast for 20 minutes. When the steaks have reached their 30 minute soak in salt, rinse them thoroughly in water, and pat them dry with a paper towel. Lightly salt and pepper again, and toss on a screaming hot grill or indoor grill pan for 6-7 minutes each side. For 1+ inch thick steaks, this will give you a solid medium temperature (at least this was the case on my indoor grill pan). Let steak rest for at least 5 minutes. Serve with roasted veggies topped with pepitas, and enjoy!

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Nutrition Information per serving:

Servings	4
Calories	424
Fat	28.2g
Saturated Fat	8.4g
Cholesterol	89.8mg
Sodium	337.7mg
Carbohydrates	11.5g
Fiber	3.9g
Sugars	4.5g
Protein	35.1g