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MetaBurn90 Day 3, Meal 3

Flat Iron Steak with Shallots and Broccolini

This is a super-simple meal based on a few well-chosen ingredients with flavors that truly shine. Red meat is rich in iron and other vitamins, and cuts such as flat iron, flank, or skirt steak tend to have less marbling, making them lower in fat. Shallots and red wine reduce together for a simple sauce, and roasted broccolini completes the dish for a lower-calorie alternative to your favorite steakhouse meal.

Prep time: 10 min. Cook time: 30 min.

Serving size: 1 steak

Recipe yields 1 serving

Ingredients:

4-oz grass-fed flat iron steak (or similar cut such as flank or skirt)

3 shallots, sliced thin

1 cup red wine

Salt to taste

Pepper to taste

4 oz. broccolini

1 tbsp olive oil

Directions:

1. In a small saucepan, combine the shallots and red wine with a pinch of salt. Reduce on medium heat by a little more than half. Set aside.
2. Preheat oven to 400 degrees F. Toss the broccolini in olive oil and a pinch of salt. Spread in a layer on a baking sheet and roast for 10 minutes.
3. Meanwhile, season the steak very well with salt and pepper. Heat a pan on high with a tablespoon of olive oil. Gently drop the steak into the hot pan, dropping away from you to avoid splashing any oil on yourself.
4. Sear the steak on high 2-4 minutes depending on thickness. For a thicker steak, reduce the heat to medium-high after 2 minutes. Flip the steak and sear for the same amount of time on the other side. Cook longer if you prefer medium or well-done.
5. Let the steak rest for 3 minutes after cooking. Once steak has rested, slice and serve over broccolini and sauce with the shallot and red wine reduction.