

# Fine w/ Food

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## STEAK NOURISH BOWLS

- 1 sirloin steak, ~½ lb. per person
- ½ cup white rice (or more if you reallyyyy like rice)
- 1 head of broccoli, chopped
- 2 large carrots, chopped
- 1 container of mushrooms (shitake or baby bella work)
- high smoke point oil of choice (coconut, ghee, or avocado is preferred)
- salt & peppa

### toppings/add-ons:

- 1 avocado, diced
- sushi ginger
- kimchi
- furikake
- scallions, chopped
- nori (seaweed), cut into leetle strips
- sambal or sriracha
- coconut aminos



chop broccoli, carrots, and mushrooms (if using shitake) and prepare your toppings

preheat oven to 425°F. place chopped broccoli and carrots on a baking sheet, season w/ salt & pepper, drizzle with a little oil (I used coconut), and roast for ~20–25 minutes (until broccoli is crispy)

while the veggies are roasting, bring a skillet to medium–high heat (this is for the steak). while the skillet is heating up, prepare your rice by adding 1 cup of water to a pot and ½ cup white rice, bring rice to a boil then cover and simmer for 10 minutes (or according to package instructions)

now that your skillet is heated, add oil to the skillet, and sear the steak for ~3–4 minutes on each side

once the steak is seared, remove from skillet and set aside to rest. add mushrooms to the skillet and cook on medium–high heat for 5 minutes, then turn heat to low and cook for an additional 3 minutes (this will allow the mushrooms to soak in all that steak flavor!)

optional step: once everything has finished cooking, chop steak into cubes and add it back to the skillet with mushrooms. add in broccoli, carrots, coconut aminos, and sambal and mix together for 30 seconds (think stir fry here)

begin assembling bowls however you like! serve & enjoy!!