

PAN STEAK WITH BROCCOLI AND RADISHES

INGREDIENTS

- 1 lb flat iron steak or flank steak
- 3 tbsp. olive oil
- 1/8 cup Ideal Protein Balsamic Dressing
- 1/8 cup coconut aminos (or gluten-free soy sauce)
- 1/2 tbsp. Italian seasoning
- 1/2 tbsp. garlic powder
- Salt - to taste
- Black pepper - to taste
- 1 bunch of radish - halved
- 1 tsp. fresh rosemary - minced
- 1/2 of a large head of broccoli - cut into florets
- 2 cloves of garlic - minced

PREPARATION

1. Preheat the oven to 450°F and line a large rimmed baking sheet with foil.
2. Place the steak in a large zipper-top bag with 1/4 cup olive oil, balsamic vinegar, garlic, salt, and pepper. Coat and let marinate at least 1 hour or up to 8 hours.
3. Scatter the radish and rosemary on the baking sheet and drizzle with 1 tablespoon of olive oil, and season with salt and pepper. Toss gently with tongs to coat and spread them out evenly.
4. Roast the radish mixture until they begin to brown around the edges - for about 30 minutes. Toss and roast.
5. Meanwhile, combine remaining 2 tablespoons olive oil, broccoli, and remaining garlic in a bowl. Season with salt and pepper and toss to coat well. Place on the baking sheet along with the radishes.
6. Place an ovenproof wire rack over the broccoli and radishes and remove the steak from the zip-lock bag and shake off the excess marinade. Lay the steak on the rack.
7. Place the baking sheet in the oven and roast for about 10 to 20 minutes. An instant-read thermometer inserted horizontally into center of meat should register 125°F.
8. Remove from the oven and allow tenting for 5 to 10 minutes before slicing.
9. Serve and enjoy.

