



## TOP SIRLOIN

### Grass Run Farms Top Sirloin and Veggie Bake

#### INGREDIENTS

1 8 oz Grass Run Farms Top Sirloin Steak, removed from package and patted dry  
1/2 Tbsp cumin  
1/2 Tbsp garlic powder  
1/2 Tbsp smoked paprika  
1 red pepper, cored and cut into large chunks  
1 bunch broccoli rabe  
2 green onions  
3 Tbsp olive oil  
3/4 oz container of fresh parsley for topping  
Salt to taste

#### PREPARATION

1. Heat oven to 400 degrees F.
2. In a small bowl, combine dry seasoning ingredients (cumin, garlic powder, smoked paprika).
3. Place all of the vegetables on a large baking sheet. Pour olive oil over the veggies and toss together to coat thoroughly.
4. In a cast iron skillet or heavy bottom pan, sear the steak to get a brown crust, about a minute on each side.
5. Remove the steak from the skillet and place in the middle of the vegetables on the baking sheet.
6. Sprinkle the seasoning mix over the top, turning steak and vegetables over to get all sides coated in seasoning.
7. Place the baking sheet in the oven and cook for 10-12 minutes, or until the internal temperature of the steak reaches 145 degrees F or your preferred doneness.
8. Remove from oven and let rest for at least three minutes. Slice beef to serve.
9. Sprinkle with salt and fresh parsley for a low carb meal!