

Steak with Broccoli and Bacon Salad

Broccoli and Bacon Salad

This salad is delicious!!

Bacon:

If you have 2 servings, fry up 2 or 3 pieces of bacon. If you have 4 servings fry up 4 to 6 pieces of bacon. Once the bacon is fried, break it into bite size pieces.

You can use the rest of the bacon for breakfast, or over your steaks... however you want to use it.

Wash and thinly slice your green onion.

Wash your broccoli really well and roughly chop the tops of the broccoli into bite size pieces.

Add the broccoli, bacon, green onion, cheddar cheese, and dried cranberries to a bowl. Drizzle in your dressing (container B). You do not want to over dress this salad. Use half of the container and mix it well. If you need more, add a little more at a time until you get the broccoli salad dressed to your liking.

*Dressing ingredients: mayo, organic sugar, apple cider vinegar, salt

Steaks

The steaks are grass-fed steaks, so you do NOT want to over cook them. They will toughen up on you. Even if you like your steaks well done... please do not cook these until well done. Trust me. Medium is best with these. 😊

Take the steaks out of your refrigerator and rinse them under cold water. Pat them dry and let them rest for about 10 minutes at room temperature.

Season the steaks with salt and pepper (you can use your favorite steak rub if you like that sort of thing).

Make sure your skillet or grill pan is nice and hot and place the steaks in. You want to get a nice sear and then turn them over and get a nice sear on the other side. Typically I sear a steak for 3 to 4 minutes then turn it over and sear the other side for 3 to 4 minutes.

Take the steak out of the pan and let it rest for 5 to 10 minutes. I like to cover it in foil while it is resting. This lets all the juices go back into the steak.

Serve your steak with broccoli salad Enjoy!!!!