



## Grass-Fed Steak with Olive, Tomato and Feta Salad

**Active Time:** 15 minutes | **Total Time:** 25 minutes | **Serves:** 4

### Nutrition Information Per Serving

352 calories, 4.19 g carbohydrate, 1.59 g fiber, 2.6 g NET carbs, 29.32 g protein, 25.06 g fat

#### Ingredients

- 1 medium organic tomato, roughly chopped
- 1/2 tsp(s) sea salt
- 2 Tbsp(s) fresh organic lemon juice
- 2 ounce(s) organic feta cheese
- 1/2 tsp(s) freshly ground black pepper
- 1 Tbsp organic avocado oil
- 8 cup(s) baby arugula
- 16 medium(s) Castelvetrano olives
- 1/4 cup(s) extra virgin olive oil
- 1 tsp dried oregano
- 16 ounce(s) grass-fed strip steak

#### Preparation

1. Season steak with half of the salt and pepper.
2. In a large, safe, nonstick skillet, heat the avocado oil over medium high heat.
3. Add the steak and cook to the desired doneness, (4 to 6 minutes per side for medium-rare). Remove from the skillet and let rest for at least 5 minutes before slicing.
4. While steak rests, whisk together the lemon juice, olive oil, oregano and remaining salt and pepper in a small bowl.&nbsp;
5. Add the arugula, tomato and feta to a medium bowl. Drizzle with half the dressing and gently stir to coat.
6. Serve steak with salad and remaining dressing.&nbsp;

This free recipe cannot be redistributed without prior permission from MealGenius.com.  
If you have obtained this recipe from any source other than MealGenius.com please contact us.