

Flank Steak Buddha Bowl

Prep: 10 minutes plus standing

Cook/Roast: 15 minutes • Serves: 4

- ¾ pound boneless beef flank steak
- 1 tablespoon reduced sodium soy sauce
- 1 tablespoon sesame oil
- 1/8 teaspoon salt
- 1/8 ground black pepper
- 1 package (12 ounces) frozen riced cauliflower & sweet potato mix
- 1 cup broccoli florets
- 1 large red bell pepper, thinly sliced
- ¼ cup dried goji berries
- ¼ cup dry roasted unsalted cashews
- ¼ cup frozen shelled edamame, thawed
- ¼ cup tahini

- Preheat oven to 350°. Rub steak with soy sauce, sesame oil, salt and pepper; let stand at room temperature 15 minutes or refrigerate up to 4 hours.
- Heat large skillet over medium-high heat; add steak and cook 5 minutes or until browned, turning once. Transfer steak to rimmed baking pan; roast 7 minutes or until internal temperature reaches 135° for medium-rare. Transfer steak to cutting board; loosely cover with foil and let stand 10 minutes.
- In large skillet, cook riced veggies as label directs.
- In small microwave-safe bowl, add 2 tablespoons water and broccoli; cover with damp paper towel. Heat in microwave oven 1 minute or until crisp-tender.
- Slice steak across the grain. Divide riced veggies mixture into 4 bowls; top with bell pepper, goji berries, cashews, edamame, steak and broccoli; drizzle with tahini.

Approximate nutritional values per serving: 388 Calories, 21g Fat (5g Saturated), 49mg Cholesterol, 299mg Sodium, 26g Carbohydrates, 5g Fiber, 26g Protein