Grilled Lean Steak with Steamed Broccoli

Juicy grilled lean steak paired with crisp, steamed broccoli for a high-protein, low-carb meal perfect for weight loss and muscle maintenance.

Servings: 2 **Time:** 20 minutes

Ingredients

- 10 oz lean sirloin steak
- 2 cups fresh broccoli florets
- 1 tbsp olive oil
- 1 clove garlic, minced
- Salt to taste
- Black pepper to taste
- 1 tsp lemon juice
- Optional: pinch of red pepper flakes

Instructions

1. Preheat the grill or stovetop grill pan over medium-high heat.
2. Season the steak on both sides with salt, black pepper, and minced garlic.
3. Brush the steak lightly with olive oil.
4. Place the steak on the grill and cook for about 4-5 minutes per side or until desired doneness.
5. While steak cooks, steam the broccoli in a microwave-safe bowl with 2 tbsp water, covered with a lid or plastic wrap, for 3-4 minutes until tender-crisp.
6. Drain any excess water from broccoli and toss with lemon juice, a drizzle of olive oil, and red pepper flakes if using.
7. Let the steak rest for 5 minutes before slicing against the grain.
8. Serve the sliced steak alongside the steamed broccoli.

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