Simple Grilled Steak with Steamed Broccoli

A quick, protein-packed grilled steak paired with tender steamed broccoli for a healthy, low-carb meal perfect for beginners.

Servings: 2 **Time:** 25 minutes

Ingredients

- 2 (8 oz) sirloin steaks
- 1 large head of broccoli (about 12 oz), cut into florets
- 1 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp salt
- ½ tsp black pepper
- 1 tbsp butter
- Optional: lemon wedges for serving

Instructions

1. Preheat your grill pan or stovetop pan over medium-high heat.
2. Brush both sides of the steaks with olive oil and season with garlic powder, salt, and black pepper.
3. Place the steaks on the hot grill pan and cook for about 4-5 minutes per side for medium-rare, or until desired doneness.
4. While the steak cooks, bring 1 inch of water to boil in a medium pot with a steamer basket.
5. Place broccoli florets in the steamer basket, cover, and steam for 5-6 minutes until tender but still bright green.
6. Remove broccoli and toss with butter, seasoning lightly with salt if desired.
7. Let the steak rest for 5 minutes before slicing.
8. Serve sliced steak alongside steamed broccoli with optional lemon wedges.

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