



*Spin Your Own Axis*

## **Quinoa Steak Salad Bowl**

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As busy moms, students, and professionals- time constraint is something we all share in common. Whether we want to spend less time in the kitchen to catch up on work or spend more time with our family this dish offers that all in one-type-a-thing for you. It's Tasty. Balanced. Fast. A complete balance with variety of food groups to help boost your energy and add value to your meal.



- **Prep Time:** 15 minutes
- **Cook Time:** 20 minutes
- **Total Time:** 35 minutes
- **Serving:** 5

## Ingredients

- 4 oz. Eye round steak (Total of 20 oz. for 5 servings)
- 2 tablespoons olive oil
- 2 teaspoons Garlic powder
- 2 teaspoons paprika powder
- 2 teaspoons black pepper
- 1 Lime
- 40g Kale
- 20g Baby Arugula
- 30 Corn
- 70g Sweet potatoes
- 42 g Quinoa (Total of 210g for 5 servings)
- Homemade lemon dressing:
  - 1-2 lemons
  - 1 tablespoon olive oil
  - Tint of salt
  - Tint of Paprika

## Instructions

1. Marinate ground eye round steak with garlic, paprika and black pepper powder and lime.
2. Prepare and weigh the Quinoa, then rinse.
3. Preheat pan, add 2 tbsp. of olive oil with a 2 teaspoon of garlic powder, then add Quinoa and mix well to absorb the garlic before adding water.
4. Add water. A trick to adding water is always double in grams or ounces (depending on which weigh conversion you used initially) For example, 210g of Quinoa will need 420g of water. Let it cook in high until boiling, and then reduce to low for remainder of cooking time.
5. Peel and chop sweet potatoes, then plan on baking pan, season with tint of salt and olive oil.
6. Preheat stove grill for ground eye round steak, add 2 tbsp. of olive oil, add eye round steak once stove grill is hot enough; then lower heat to medium for the remainder of time until fully cooked.
7. Once all ingredients have been cooked. Place them in a bowl with together with the arugula, corn and homemade lemon dressing and toss.
8. Lastly, add steak on top.
9. & that's it guys! Enjoy, savor and share your dishes by tagging us on Instagram or Snapchat!

## Nutrition Facts

- **Serving Size:** 1/5
  - **Carbohydrates:** 48g
  - **Fat:** 3g
  - **Protein:** 31g
  - **Fiber:** 3g
- Calories:** 434  
**Sodium:** 81mg  
**Sugar:** 4  
**Iron:** 3%