



## Steak & Berry Salad

4 servings

20 minutes

### Ingredients

454 grams Top Sirloin Steak  
20 milliliters Avocado Oil  
Sea Salt & Black Pepper (to taste)  
226 grams Mixed Greens  
144 grams Strawberries (halved)  
148 grams Blueberries  
144 grams Blackberries  
120 milliliters Balsamic Vinaigrette

### Nutrition

Amount per serving	
Calories	456
Fat	32g
Saturated	8g
Carbs	17g
Fiber	4g
Sugar	9g
Protein	25g
Cholesterol	88mg
Sodium	232mg
Potassium	675mg
Vitamin A	101IU
Vitamin C	40mg
Calcium	87mg
Iron	3mg
Vitamin D	0IU
Vitamin E	1mg
Vitamin K	17µg
Thiamine	0.1mg
Riboflavin	0.1mg
Niacin	8mg
Vitamin B6	0.7mg

### Directions

- 1 Preheat the grill to medium-high heat. Season the steak with salt and pepper. When ready to grill, brush the oil onto the grates.
- 2 Grill the steak for five to six minutes per side or until cooked to your liking. This timing will depend on how thick your steak is and the doneness you desire.
- 3 Let the steak rest for five minutes before slicing. Meanwhile, add the mixed greens, strawberries, blueberries, and blackberries to a bowl.
- 4 Top with the sliced steak and balsamic vinaigrette. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Store the mixed greens, berries, and steak together. Add the dressing just before serving.

**Additional Toppings:** Goat cheese, pecans, walnuts, and/or sliced almonds.



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Folate	32µg
Vitamin B12	1.3µg
Phosphorous	226mg
Magnesium	37mg
Zinc	4mg
Selenium	25µg