



Aztec Bowl



Makes 4 Servings

Ingredients

Aztec Brown Rice

- 1 cup brown rice
- 2 cups water
- 1 cup corn kernels
- 1 avocado, diced
- 2 Tablespoons chopped cilantro

Braised Vegetables in Toasted Cumin Tomato Sauce

- 1 teaspoon extra virgin olive oil
- 2 bunches, broccolini
- 2 cups cremini mushrooms cut in half
- 4 shallots, peeled and cut in half
- 1/2 teaspoon minced fresh garlic (1 clove)
- 1 teaspoon jalapeño, seeded and minced
- 1 teaspoon ground cumin
- 1/4 cup Sherry wine vinegar
- 1 can (28 oz.) whole, peeled San Marzano tomatoes

Seared Skirt Steak

- Extra virgin olive oil in mister bottle
- 1 pound Beef Skirt Steak, (remove fat and membrane from steak as needed)
- 1/8 teaspoon sea salt
- 1/8 teaspoon ground black pepper
- 1/4 cup chopped cilantro

Per Plate:

Calories 537
Protein 34g
Total Fat 20g
Saturated Fat 5.5g
Carbs 54g
Dietary Fiber 10g
Cholesterol 58mg
Sodium 400mg

Directions

Steamed Brown Rice:

Rinse rice under cold running water. Place rice in medium saucepot. Cover rice with water. Bring to a boil over medium high heat. Reduce heat to very low simmer. Cover to steam rice for 20 minutes. Remove from heat and add corn, avocado and cilantro and fluff into rice.

Prep the ingredients: (Mise en Place)

While the rice is cooking, wash and dry all fresh vegetables. Slice avocado in half, gently twist and pull apart, remove pit. Using a paring knife slice the avocado in the skin lengthwise, turn and slice horizontally to create small squares of avocado. Use a spoon to scoop out flesh and hold for plating. Chop fresh cilantro (2 Tablespoons for rice, 1/4 cup for garnish). Trim the stems of the mushrooms and cut in half, peel and cut each shallot in half. Mince the garlic clove. Remove the seeds and mince the jalapeno. Carefully remove the whole tomatoes from the can and place on a cutting board, cut the tomatoes into quarters. Reserve tomato liquid from can for the sauce.

Braised Vegetables in Toasted Cumin Tomato Sauce:

Heat a large sauté pan over medium high heat with olive oil. Add broccolini to brown for about 2 minutes, turn over and brown on other side for 2 minutes. Remove broccolini from pan and reserve on plate. Return pan to heat. Repeat with remaining broccolini to brown, remove from pan and reserve on plate.

Return pan to heat, mist pan with olive oil. Add mushrooms and shallots to pan, stir constantly and cook for 3 to 4 minutes to brown. Add garlic, jalapeño and cumin cook for 1 minute. Stir in the browned broccolini and sherry vinegar and stir to deglaze the pan. Spoon in quartered tomatoes and tomato juice from can, bring to a low boil; reduce heat to simmer for 2 to 3 minutes. Adjust seasoning with salt and pepper to taste.

Seared Skirt Steak

Heat a large grill pan or sauté pan over high heat and lightly mist both sides of steak with extra virgin olive oil spray. Season both sides of the steak lightly with salt and pepper. Add steak to hot pan and sear over high heat for 2 minutes to brown. Turn steak and sear other side for 2 to 3 minutes, cook to medium rare to medium (135F to 145F). Remove from pan and rest for a 2-3 minutes before cutting. **Chef's Tip:** for a tender steak be sure to slice the steak into thin pieces against the grain.

To serve:

Divide Braised Vegetables in Toasted Cumin Tomato Sauce into 4 large bowls or plates. Spoon 1 cup Aztec rice into center of each bowl. Top with 4-5 slices of skirt steak on top of each rice bowl. Garnish with chopped cilantro.