

# PROTEIN-PACKED RIBEYE STEAK VEG BOWL



Serves 2

*This hearty bowl celebrates quality local produce, pairing beautifully marbled ribeye from Essington Butchery with wholesome quinoa and seasonal vegetables. Simple to prepare and packed with goodness, it's a comforting meal that doesn't compromise on flavour or nutrition.*

## Ingredients

2 ribeye steaks from Essington Butchery (approx. 200g each)

1 cup quinoa

1 cup broccoli florets, or other seasonal greens

1 red pepper, sliced

1 tbsp olive oil

Sea salt and freshly ground black pepper

Optional: a few sprigs of fresh rosemary or thyme

## Method

Rinse the quinoa thoroughly, then cook according to the packet instructions until tender and fluffy. Set aside.

Season the ribeye steaks generously with salt, pepper and fresh herbs. Heat a heavy frying pan or grill until hot and cook the steaks for 3–4 minutes on each side for medium-rare, or to your liking. Remove from the heat and allow to rest.

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Toss the broccoli and red pepper with olive oil and a pinch of salt. Spread out on a roasting tray and cook in a preheated oven at 200°C for around 15 minutes, until tender and lightly caramelised.

Slice the rested steak and serve over the quinoa, topping with the roasted vegetables and any resting juices from the meat.

## Why we love it

*Ribeye steak provides around 25–30g of protein per steak, and when combined with the plant-based protein found in quinoa, this dish becomes a hearty, nutrient-packed meal that's both satisfying and nourishing.*

*Serve with a drizzle of extra virgin olive oil or a squeeze of lemon to lift the flavours, and enjoy while everything is warm and fresh.*