



## Grilled Steak & Wild Rice Salad

2 servings  
45 minutes

### Ingredients

1/2 cup Wild Rice (dry)  
3 tbsps Extra Virgin Olive Oil (divided)  
2 tbsps Steak Spice Seasoning  
283 grams Top Sirloin Steak  
1 cup Mixed Greens  
1/3 cup Red Onion (sliced)  
2 tsps White Wine Vinegar  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	655
Fat	41g
Carbs	36g
Fiber	3g
Sugar	2g
Protein	35g
Cholesterol	111mg
Sodium	805mg
Vitamin A	8IU
Vitamin C	4mg
Calcium	60mg
Iron	3mg
Selenium	32µg

### Directions

- 1 Cook the rice according to the package directions then set aside.
- 2 Heat the grill over medium heat. While the grill is heating up, add 1/3 of the oil and the steak spice seasoning to the steak. Rub to coat it.
- 3 Grill the steak for five to six minutes per side or until cooked to your desired doneness. Let rest for five minutes before slicing.
- 4 In a bowl, combine the cooked rice, mixed greens, onion, remaining oil, vinegar, salt, and pepper. Divide onto plates and top with sliced steak. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is approximately 1 1/4 cups of salad with steak.

**Additional Toppings:** Top with fresh herbs like parsley, dill, or basil. Add feta cheese or goat cheese.