



Nourish Recipe

Sautéed Asparagus Guac with Seared Flank Steak

Servings: 4

What you'll need



measuring
spoons



measuring
cups



blender



large non-stick
skillet



Ingredients

Steak

1 Tbsp olive or avocado oil

2 flank steaks

Salt and pepper to taste

Asparagus Guacamole

8 oz (~2 cups) asparagus, cut into 1" pieces

1 Tbsp olive or avocado oil

1 pepper (chili or poblano)

½ cup sour cream

1 tsp garlic cloves, peeled, minced

¼ cup fresh lime juice

½ tsp ground cumin

½ tsp kosher salt

½ tsp pepper

1 tsp fresh cilantro, chopped

¼ cup red onions, chopped fine

1 plum tomato, seeded, diced

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Instructions

1. Heat oil (1 Tbsp) in non-stick pan (medium-high). Season both sides of steak with pinch of salt and pepper. Sear steak on both sides, approximately 1-2 minutes per side. Remove from pan and let sit for 5-10 minutes.
2. Roast pepper over direct flame, discard peel and seeds, let cool.
3. Heat oil (1 Tbsp) in large non-stick pan (medium-high). Sauté asparagus (8 oz) until tender, let cool.
4. Combine all guacamole ingredients except the tomato, onions, and cilantro in blender. Puree until smooth. Stir in the diced tomato, onions (1/4 cup), and cilantro (1 tsp).
5. Cut seared flank steak against the grain into strips and serve with guacamole.

Nutrition Facts

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Amount Per Serving

Calories **464**

% Daily Value

Total Fat 26.6g **34%**

Saturated Fat 10.3g **51%**

Cholesterol 101mg **34%**

Sodium 402mg **17%**

Total Carbohydrate 7.9g **3%**

Dietary Fiber 2.1g **7%**

Sugars 3.3g

Protein 47.6g

Vitamin D 0mcg **0%**

Calcium 79mg **6%**

Iron 6mg **31%**

Potassium 856mg **18%**



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