Mediterranean Steak Bowls with Herbed Yogurt Dressing

If you're one who loves mixing textures and flavours this is the recipe for you!

This mediterranean steak bowl drizzled with herbed yogurt dressing contains perfectly grilled steak on a bed of lettuce and a variety of rainbow coloured veggies. It is topped with feta-cheese and a drizzle of herbed yogurt dressing. Not only is this bowl filled with nutrients from the veggies, it's also packed with protein from the steak, hummus and cheese. Protein is an important macronutrient that we should aim to include in every meal. By including a protein source at every meal, it will help manage hunger levels, lessen cravings and keep you full for longer.

The best part about this recipe? It can be served hot or cold and easily made in bulk. This makes it a great meal-prep staple that you can enjoy throughout the week… who doesn't love that?!



MEDITERRANEAN STEAK BOWLS with YOGURT DRESSING

Prep time: 20min | **Cook time:** 20 min | **Total:** 40min | **Yields:** 4

INGREDIENTS

For the Bowls:

- 1 lb. flank steak *(may substitute NY strip or sirloin steak)*
- 1 pint grape or cherry tomatoes
- ½ medium red onion, peeled and cut into 1-inch pieces
- 1 head romaine lettuce, chopped
- 1 large cucumber, chopped
- ⅓ cup olives, sliced
- 1 cup hummus
- ½ cup crumbled feta cheese
- Skewers for veggies
- 2 tsp. Olive oil
- Lemon wedges for garnish *(optional)*

For the Herbed-Yogurt Dressing:

- 1 cup plain yogurt
- 1 Tbsp. olive oil
- Juice of ½ lemon
- 1 large clove garlic, finely minced
- ½ tsp. dried oregano
- ½ tsp dried dill
- ½ tsp. salt
- 2 tsp. chopped fresh mint *(or ½ tsp dried mint)*

INSTRUCTIONS

To make the dressing:

1. Combine all dressing ingredients in a small bowl and whisk to combine. Store in the fridge until ready to use.

To make the bowls:

1. Preheat grill to high heat (about 450℉). Pat the steak dry with paper towels. Thread cherry tomatoes and quartered onions onto skewers, brush with the oil and sprinkle with salt and pepper.
2. When the grill is hot, place flank steak and tomato and onion skewers on the grill. Grill veggies, turning occasionally, for 5-8 minutes or until onions are softened and tomatoes start to blister.
3. Grill the steak for 4-5 minutes, then flip and grill an additional 4-5 minutes for medium-rare (6-7 minutes per side) or until thermometer reads 140℉ for medium-rare or 150℉ for medium.
4. Remove steak to a plate and cover loosely with another plate, or oil and allow steak to rest for 10 minutes before slicing thinly against the grain.
5. While the steak rests, divide chopped romaine between 4 plates or shallow bowls. Top with sliced steak, grilled vegetables, hummus, chopped cucumbers, olives, and feta cheese.
6. Drizzle with Herbed-Yogurt Dressing and garnish with lemon wedges

Nutrition Facts for ¼ of recipe:

Calories: 513 Carbohydrates: 28g Fat: 28g Protein: 37g Fibre: 7g
Sodium: 619mg

Recipe modified from: https://therealfoodrds.com/mediterranean-steak-bowls
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