

Garlic Butter Steak Bites with Broccoli

Serves 2 • Prep 10 min • Cook 10 min

Ingredients

- 400g rump, sirloin or scotch steak
- 1 tbsp extra-virgin olive oil
- 1 tsp smoked paprika
- ½ tsp salt
- ½ tsp pepper
- ½ tsp dried thyme
- 2 tbsp grass-fed butter
- 3 garlic cloves
- 1 tbsp parsley
- ½ tsp lemon zest
- 300g broccoli florets
- 1 tbsp olive oil
- 1 tbsp water

Method

1. Cut steak into bite-sized pieces and season with paprika, salt, pepper and thyme.
2. Cook broccoli in oil over medium-high heat 3–4 min. Add water, cover 2 min, then uncover and brown.
3. Heat a pan very hot. Sear steak in a single layer about 1½–2 min per side.
4. Lower heat; add butter and garlic for 30–60 sec. Add parsley and lemon zest, then toss steak and broccoli through the garlic butter.

Nutrition / Recipe Notes

~High protein • Low-carb • No added sugar

Serving idea

Serve immediately with fresh herbs, lemon or a simple low-carb vegetable side. Nutrition is approximate and will vary with brands and portion sizes.

Photo placeholder — Add a finished-meal photograph here for the website/print version.