Seared Steak Buddha Bowl

SERVING
2 people

COOK TIME
10 min



Ingredients

2 porterhouse steaks

2 tsp olive oil

1 tsp salt

1 tsp pepper

1 tsp Chinese Five Spice

350g Simply Salads Asian Style Salad Kit, mixed with dressing and noodles

1 sachet microwavable basmati rice

10 cherry tomatoes

4 baby cucumbers, sliced

½ avocado, sliced

¼ red onion, sliced

½ cup defrosted edamame bean kernels

Method

Rub both sides of steaks with olive oil and sprinkle with salt, pepper and Chinese five spice.

Preheat grill pan to high heat. Grill steaks for three minutes on each side (or to preferred doneness). Allow to rest for four minutes before slicing.

Cook rice according to sachet instructions.

In two bowls, arrange rice, vegetables, Asian style salad and sliced steak. Divide dressing into two bowls and sprinkle crispy noodles over the top. Serve immediately.