

Montreal-Spiced Steak with Roasted Vegetables



Prep Time:

10 minutes



Total Time:

30 minutes



Serves:

Serves 4 - 5
people

About the Recipe

This healthier take on a classic steak dinner combines the robust flavours of Montreal seasoning with lean beef and a medley of colourful roasted vegetables. It's a perfect balance of protein and nutrients, all prepared in under 30 minutes for a satisfying weeknight meal.



METHOD

1. Preheat the oven to 220°C (200°C fan).
2. Pat the steak dry with paper towels and rub with 1 teaspoon of Montreal seasoning. Set aside to come to room temperature.
3. In a roasting tin, toss the peppers, tomatoes, and asparagus with 1 tablespoon of olive oil and the remaining Montreal seasoning.
4. Place the vegetables in the preheated oven and roast for 15 minutes.
5. While the vegetables are roasting, heat a large, heavy-based frying pan over high heat.
6. Add the remaining olive oil to the pan and sear the steak for 3-4 minutes on each side for medium-rare, or adjust to your preferred doneness.
7. Remove the steak from the pan and let it rest on a cutting board for 5 minutes.
8. Take the vegetables out of the oven and squeeze lemon juice over them.
9. Slice the steak against the grain and serve with the roasted vegetables.
10. If using, garnish with fresh parsley.

INGREDIENTS

- 750g lean sirloin steak, trimmed of visible fat
- 2 tsp Spicemaster's Montreal seasoning
- 400g mixed bell peppers, sliced
- 300g cherry tomatoes
- 250g asparagus spears, trimmed
- 2 tbsp olive oil
- 1 lemon, juiced
- 1 tbsp fresh parsley, chopped (Optional)