

RECIPE: PAN SEARED FLAT IRON STEAK

CONDIMENTS & OIL

Olive oil, 4 fl oz.

Balsamic vinegar, 1 fl oz.

Dijon mustard, 0.19 oz.

MEAT

New York strip steak or filet mignon (6-8 oz.), 1

SPICES & SEASONINGS

Cumin seeds, 1 pinch

MISCELLANEOUS

Baby organic arugula, 4 cups

Crumbled queso fresco, 1 oz.

Small beets steamed or roasted and peeled, 2

Sherry vinegar, 3 tbsp

Kosher salt & fresh ground

Black pepper to taste