

Cumin-Coriander Sirloin Steak with Warm Tomato Topping

Servings: 2

Adapted from Cooking Light October 2002 and January 2008

Ingredients

Steak

Cooking spray

1/2 tablespoon brown sugar

1/4 teaspoon salt

1/4 teaspoon ground cumin

1/4 teaspoon ground coriander seeds

1/4 teaspoon ground red pepper

1/2 lb boneless sirloin steak slices

Tomato Topping

1 teaspoon olive oil

1/4 teaspoon cumin

1/4 teaspoon salt

1 teaspoon minced garlic

1 teaspoon seeded and chopped jalapeno pepper

1 cup grape tomatoes, halved

1/4 cup chopped fresh cilantro

1 package frozen snap peas

Preparation

1) Preheat oven to 450°.

2) Coat an 8-inch cast-iron skillet with cooking spray. Place the pan in a 450° oven for 5 minutes.

3) Combine brown sugar and next 4 ingredients (brown sugar through pepper); rub over both sides of steak. Place steak in preheated pan.

4) Bake at 450° for 4 minutes on each side or until desired degree of doneness. Let stand 5 minutes.

5) Heat oil in a large nonstick skillet over medium heat. Add garlic and jalapeño to pan; cook 1 minute. Add 1/4 teaspoon cumin, 1/4 teaspoon salt, and tomatoes to pan; cook 3 minutes or until tomatoes begin to soften. Remove from heat; stir in cilantro. Serve tomato topping over steak.

6) Heat snap peas according to package directions. Serve as a side.