

Grilled Sirloin Steak with Asparagus Pesto

Adapted from [Real Simple](#)



Ingredients

- ¼ pound green asparagus, peeled and trimmed
- Kosher salt and black pepper
- 1 clove garlic, peeled and smashed
- ¼ cup fresh basil leaves
- 2 tablespoons pine nuts
- 2 tablespoons olive oil
- 1 tablespoon fresh thyme leaves
- 2 pounds PHNB sirloin steaks, about 1 inch

Directions

1. Boil asparagus in lightly salted water until stalks are tender-crisp, about 3-4 minutes.
2. Roughly chop asparagus and transfer to food processor. Add the garlic, basil, pine nuts and ½ teaspoon of salt.
3. While the food processor is still running, stream in 1 tablespoon of olive oil and process until finely chopped. Set aside.
4. In a small bowl, combine the thyme, ½ teaspoon of salt, ¼ teaspoon of pepper, and the remaining tablespoon of olive oil. Rub the mixture over the steak.
5. Grill the steak 4-5 minutes on each side. Remove the steak and let it sit covered in foil for 5 minutes.
6. Divide the steaks into 4 portions and top with a dollop of pesto.

Nutritional Information

Per Serving

Calories 649

Calcium 79mg

Carbohydrate 5g

Cholesterol 157mg

Fat 36g

Fiber 2g

Iron 6mg

Protein 75mg

Sat Fat 8g

Sodium 1307mg