

pumpkin seed pesto spinach, quinoa & grass-fed skirt steak salad

Makes 6 servings

PESTO RECIPE ADAPTED FROM: [Whole Foods](#)

PREP TIME: 1-8 hours (to marinate)

COOK TIME: 30 minutes

Skirt Steak Spice Rub

4-6 garlic cloves, minced

¼ cup olive oil

1 Tbsp salt

1 Tbsp ground cumin

2 tsp ground black pepper, or to taste

1 Tbsp paprika

1 tsp ground cinnamon

1 tsp onion powder

1½-2 lbs grass-fed skirt steak, trimmed of silver skin

Pumpkin Seed Pesto (makes about 2 ½ cups)

2 cups unsalted hulled pumpkin seeds (green)

¼ - ½ cup water

¼ cup extra virgin olive oil

2 Tbsp fresh lemon juice, or to taste

3 cloves garlic

1 cup roughly chopped fresh cilantro

Sea salt and ground black pepper, to taste

1 cup quinoa, dry

1½ cups water or chicken stock

Fresh baby spinach, preferably organic

COMBINE skirt steak spice rub ingredients together in a bowl.

TRIM steak of silver skin, leaving most of the fat.

RUB steak with spice mixture and let marinate for at least 1 hour or up to overnight in the fridge. (The longer it marinates, the more tender the meat will be.)

COMBINE quinoa and water or chicken stock in a medium-sized saucepan, bring to a boil, cover and reduce heat. Cook for 15 minutes or until liquid is absorbed. Set aside to cool.

WHILE quinoa is cooking, place pumpkin seeds in a skillet over medium-low heat. Toast, tossing every 30-60 seconds, for 8-10 minutes or until lightly browned and popping a bit. Set aside to cool.

COMBINE cooled toasted pumpkin seeds in a food processor with water, olive oil, lemon juice, garlic and cilantro. Pulse until it forms a coarse paste (or to desired texture). Season with salt and pepper, to taste. Cover and chill until ready to use.

HEAT outdoor or stovetop grill to medium-high heat. Place steak on hot grill and cook 5-7 minutes on each side, or until desired doneness. Be careful not to burn the spice crust!

LET the steak rest for 5-10 minutes before cutting into thin strips. (Cut on the bias, against the grain).

COMBINE cooked quinoa and a few generous handfuls of fresh baby spinach with 2 Tbsp pumpkin seed pesto.

TOP with sliced steak and a dollop of pumpkin seed pesto.

