# Moroccan-Spiced Grilled Steak

Savor the fresh, fragrant tastes of the Middle East. Top Sirloin gets a sweet-and-savory rubdown before hitting the grill, where it's surrounded by hearty eggplant and onion.



**40 Min**    **4 Servings**    **42 Cal**    **34g Protein**

## INGREDIENTS

1 beef Top Sirloin Steak Boneless, cut 1 inch (about 1 pound)

1 medium eggplant, cut into 1/2-inch thick slices

1 medium white onion, cut into 1/2-inch thick slices

2 tablespoons olive oil

Salt and pepper

4 flatbreads (such as naan, pita bread, etc), warmed

2 tablespoons toasted sesame seeds

1 teaspoon ground allspice

1 teaspoon ground cinnamon

1 teaspoon ground cumin

1/2 teaspoon black pepper

1/4 teaspoon ground cardamom
Plain Greek yogurt, raisins, chopped toasted almonds or pistachios, chopped fresh parsley (optional)

## COOKING

1. Combine Rub ingredients. Press 2 tablespoons evenly onto beef steak; set aside. Brush vegetables with oil and sprinkle evenly with remaining rub.

2. Place steak in center of grid over medium, ash-covered coals; arrange eggplant and onion around steak. Grill steak, covered, 11 to 15 minutes (over medium heat on preheated gas grill, 13 to 16 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Grill eggplant 6 to 8 minutes; onions 12 to 15 minutes (gas grill times remain the same) or until tender, turning occasionally.

3. Cut vegetables into bite-size pieces. Carve steak into slices; then cut slices crosswise in half. Arrange beef and vegetables on serving plates. Season with salt and pepper, as desired. Evenly divide beef and vegetables among flatbreads; garnish with Toppings, as desired.

## NUTRITION

| Serv Size | Calories | Total Fat | Cholest | Sodium | Total Carb | Protein | GLUTEN FREE | ALL NATURAL |
|---|---|---|---|---|---|---|---|---|
| 4 | | 15g | 70mg | | 46g | 34g | 1 | 0 |

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com