



Cumin-Coriander Sirloin Steak

Basic Lifestyle

INGREDIENTS

- 1 TBS brown sugar (or brown Splenda)
- ½ TSP salt
- ½ TSP ground cumin
- ½ TSP ground coriander seeds
- ¼ TSP ground red pepper
- 1 pound boneless sirloin steak (about 1-1/4" thick), trimmed

INSTRUCTIONS

- Preheat oven to 450°.
- Coat an 8-inch cast-iron skillet with cooking spray. Place pan in a 450° oven 5 minutes.
- Combine brown sugar and next 4 ingredients; rub over both sides of steak. Place steak in a preheated pan.
- Bake at 450° for 7 minutes on each side or until desired degree of doneness. Let stand 5 minutes. Cut steak diagonally across grain into thick slices.

SERVING INFO: (Serves 4)

3 oz = 1 P

See photo of this recipe at [Instagram](#) and [Facebook](#)