

Steak with Arugula Salad

- 7 tbsp Extra Virgin Olive Oil
- 2 1lb rib eye steaks
- Sea Salt
- Pepper
- 3 cups Arugula
- 1 1/2 cups roasted red bell peppers (jarred if desired), patted dry and cut into small pieces
- 2 Tbsp balsamic vinegar
- 8 oz Parmesan cheese

Brush or rub 2 tbsp olive oil over the steaks and sprinkle with 1 tsp of salt and pepper. In a large skillet, heat 1 tbsp oil over medium flame. Cook steaks until desired doneness, about 5 min each side. While steaks cook, place arugula either in a shallow bowl or on a plate. Top with roasted bell peppers. Remove steaks once done and serve atop the arugula and roasted bell peppers. Sprinkle with salt and pepper, top with Parmesan cheese and serve!