

# *a healthy body, a healthy earth*

## **Iron Skillet Mediterranean**

**Makes 8 servings**

### **Ingredients:**

#### *Tri-Tip Rub*

2 tablespoons Montreal steak seasoning  
1 tablespoon rosemary sprigs, minced  
1 tablespoon garlic, minced  
1teaspoons sea salt, smoked

#### *Vegetable Confit*

2 whole eggplants, peeled, sliced 1-inch thick, quartered  
8 Roma tomatoes, cored and halved  
6 garlic cloves  
1 sprig thyme  
½ cup olive oil  
1 teaspoon sea salt  
2 teaspoons pepper  
3 ounces Vidalia onions, pickled

#### *Tri-Tip Beef*

2 ½ pounds trimmed tri-tip or flank steak  
1 ounce feta cheese  
½ ounce parsley oil

### **Preparation:**

Mix all ingredients under “Tri-Tip Rub” with a little olive oil and rub on steak. Cover with plastic wrap and place in refrigerator for 1 hour

#### Vegetable Confit:

Pre-heat oven to 350° F, cut all vegetables, mix in a bowl with olive oil, salt and pepper. Place in a pan large in enough to allow for one layer (do not stack vegetables). Cover with foil and place in oven for 1 hour. Remove foil and let cook for 20 more minutes.

#### Tri-Tip

In a cast iron skillet over high heat, with a small amount of olive oil sear meat for 4 minutes on each side cooking until medium rare. (If you desire medium or well done place in oven for an additional 8 minutes or 16 minutes respectively)

Stack 3 pieces of eggplant 2 tomatoes halves and 4 Vidalia onion rings in order in the center of the place

Slice meat thinly and place 5 slices over vegetables.

Sprinkle with feta cheese and drizzle parsley oil around outside of plate.