

The Ultimate Summer Bowl: Grilled Steak, Roasted Corn, and Creamy Cilantro Sauce Magic

Why This Steak Bowl Works Every Time



OVEN
400°F

TIME
10 min

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INGREDIENTS

You'll Need (Serves 2-3 | Prep Time: 10 minutes | Cook Time: 20 minutes)

For the Steak: 1 pound boneless, skinless beef steak, cut into bite-sized pieces 1 tablespoon olive oil 1 teaspoon garlic powder 1/2 teaspoon onion powder 1/4 teaspoon salt 1/8 teaspoon black pepper:

For the Bowl: 1 cup cooked rice (I love using jasmine or basmati rice) 1 ear of corn, shucked and kernels removed 1 avocado, sliced 1/4 cup chopped cilantro:

For the Cilantro Cream Sauce: 1/2 cup mayonnaise 1/4 cup chopped cilantro 1 clove garlic, minced 1 tablespoon lime juice 1/4 teaspoon salt 1/8 teaspoon black pepper How I Bring This Bowl Together (:

DIRECTIONS

1. Step-by-: Step)
2. Grill the : Steak
3. First things first: I preheat my grill to medium-high heat. While it's heating up, I season the steak pieces with garlic powder, onion powder, salt, and pepper. I drizzle a little olive oil over the top, toss it all together, and get them ready for the grill.
4. The trick here is not to overcook-steak cooks fast, especially in smaller pieces. I grill them for about 2-3 minutes per side until they're nicely seared but still juicy inside.
5. Roast the : Corn
6. While the steak is doing its thing, I get the corn ready. After tossing the kernels with olive oil, salt, and pepper, I spread them out on a baking sheet. Into a 400°F oven they go for about 10-15 minutes. I keep an eye out for those perfect little charred edges-that's where the magic happens.
7. If I'm feeling lazy (or it's way too hot to turn on the oven), I'll even throw the corn on the grill next to the steak. Either way, roasted corn adds a depth of flavor that raw corn just can't match.
8. Make the : Cilantro Cream Sauce
9. In a small bowl, I whisk together mayonnaise, chopped cilantro, minced garlic, lime juice, salt, and pepper. It's creamy, herby, and has just enough zing to tie everything together. Sometimes, when I want a bit more kick, I'll sprinkle in a pinch of red pepper flakes.
10. Pro tip: This sauce is so good, I double the batch and keep it in the fridge for sandwiches and wraps during the week.

11. Assemble the : Bowls
12. Now comes the fun part-building the bowls! I start with a scoop of fluffy cooked rice, then pile on the grilled steak, roasted corn, creamy avocado slices, and a sprinkle of fresh cilantro. Finally, I drizzle the cilantro cream sauce generously over everything.
13. Each forkful is a perfect blend of flavors and textures that seriously tastes like summer in a bowl.
14. My Favorite : Tips and Tweaks
15. Pick your steak wisely:
16. Flank, skirt, or sirloin work great for this recipe. Just make sure to cut across the grain for tender bites.
17. Change up the base:
18. Not a fan of rice? Swap it out for cauliflower rice, quinoa, or even a bed of crisp greens.
19. Spice it up:
20. For a spicier version, add some diced jalapeños to the bowl or a few dashes of hot sauce to the cilantro cream.
21. Meal prep friendly:
22. Grill extra steak and roast more corn so you can have these bowls ready to assemble during the busy week.
23. What I : Love to Serve with These Bowls
24. While these bowls are satisfying on their own, sometimes I like to add a little extra to the meal. Here are a few of my favorite sides:
25. Simple green salad:

SWAPS & NOTES

-easy, fresh, hearty, and endlessly customizable.

It's the perfect recipe when you want something delicious without spending hours in the kitchen.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/the-ultimate-summer-bowl-grilled-steak-roasted-corn-and-creamy-cilantro-sauce-magic/>

If you do, let me know how you put your own spin on it!

I'm always looking for new ways to keep this bowl fresh and exciting.