

Sizzling Steak Fajitas: A Restaurant-Quality Plate You Can Make at Home

The Ultimate Steak Fajita Plate with Seasoned Rice



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30 min

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INGREDIENTS

For the Steak & Marinade:

1⁰⁰ lb Flank or Skirt Steak: These cuts are classic for fajitas because they soak up flavor and cook quickly.

2 tbsp Olive Oil: For the base of the marinade.

Juice of 1 Lime: The acidity breaks down the muscle fibers for a tender bite.

2 Cloves Garlic, Minced: Fresh is always best here!

1 tsp Chili Powder: Adds depth and a hint of smokiness.

1 tsp Ground Cumin: The "secret" spice that makes it taste like authentic Mexican cuisine.

⁰⁰ tsp Paprika: For color and warmth.

⁰⁰ tsp Salt & ⁰⁰ tsp Black Pepper: Essential seasonings.

For the Peppers & Onions:

1 tbsp Olive Oil: For sautéing.

1 Red Bell Pepper & 1 Green Bell Pepper: Sliced into long strips.

1 Large Onion: White or yellow works perfectly.

Salt and pepper to taste.

For the Seasoned Rice:

1 cup Long-Grain Rice: Basmati or Jasmine also works.

2 tbsp Oil or Butter: To toast the rice.

2 cups Chicken Broth: Provides much more flavor than water.

$\frac{1}{2}$ tsp Garlic Powder & $\frac{1}{2}$ tsp Onion Powder: For consistent seasoning throughout.

$\frac{1}{2}$ tsp Paprika: Gives the rice that signature golden-red hue.

Salt to taste.

Step-by-Step Instructions:

1. Marinate the Steak:
2. Cook the Seasoned Rice:
3. Sear the Steak:
4. Sauté the Vegetables:
5. Assemble the Plate:

Tips for Success:

Slicing Against the Grain: Look for the direction the muscle fibers are running. Slice perpendicular to those lines. This shortens the fibers, making the steak melt-in-your-mouth tender.

High Heat is Key: Don't be afraid of a little smoke in the kitchen. A fast sear at high heat gives you that restaurant-style char without overcooking the inside.

Extra Flavor: For a professional finish, deglaze your vegetable pan with an extra squeeze of lime juice or a tablespoon of water to pick up every last bit of seasoning.

Serving Suggestions and Pairings:

Cool Sour Cream

Sliced Avocado or Guacamole

Pico de Gallo

DIRECTIONS

1. **Marinate the Steak:** In a medium bowl or a zip-top bag, whisk together the olive oil, lime juice, minced garlic, chili powder, cumin, paprika, salt, and pepper. Place your steak in the mixture, ensuring it is fully coated. Let it marinate for at least 20 minutes at room temperature, or up to 4 hours in the refrigerator.
2. **Chef's Note:** Don't marinate the steak overnight with this much lime juice, or the acid will start to "cook" the meat and change the texture to something mushy!
3. **Cook the Seasoned Rice:** While the steak soaks up the flavor, get your rice started. Heat 2 tablespoons of oil or butter in a saucepan over medium heat. Add the dry rice and stir constantly for 2-3 minutes. You want the grains to look opaque and slightly golden. This "toasting" step prevents the rice from becoming sticky.
4. **Stir in the chicken broth and all seasonings.** Bring to a boil, then immediately reduce the heat to low. Cover and simmer for 15-18 minutes. Once the liquid is absorbed, remove from heat and let it rest, covered, for 5 minutes before fluffing with a fork.
5. **Sear the Steak:** Wipe out a heavy skillet (cast iron is king here!) or a grill pan and set it over high heat. You want it screaming hot. Add the steak and cook for 3-5 minutes per side. For a medium-rare finish, aim for an internal temperature of 130°F to 135°F.
6. **Remove the steak to a cutting board and let it rest for 5 minutes.** This is the most important step! If you cut it too soon, all the delicious juices will run out. After resting, slice thinly against the grain.

7. Sauté the Vegetables: Using the same skillet (don't wash it-those browned bits are flavor gold!), add a splash of oil and toss in your peppers and onions. Cook over medium-high heat for 5-7 minutes. You want them tender but still possessing a slight "snap" and some charred edges.
8. Assemble the Plate: Lay a generous portion of the seasoned rice on the plate. Top with a stack of the sliced steak and a pile of peppers and onions. Spoon any leftover juices from the steak carving board right over the top.
9. Tips for Success: Slicing Against the Grain: Look for the direction the muscle fibers are running. Slice perpendicular to those lines. This shortens the fibers, making the steak melt-in-your-mouth tender.
10. High : Heat is Key: Don't be afraid of a little smoke in the kitchen. A fast sear at high heat gives you that restaurant-style char without overcooking the inside.
11. Extra : Flavor: For a professional finish, deglaze your vegetable pan with an extra squeeze of lime juice or a tablespoon of water to pick up every last bit of seasoning.
12. Serving Suggestions and Pairings: Fajitas are even better with friends! If you're hosting a crowd, you might consider setting up a Walking Taco Bar alongside these plates.
13. Standard : Toppings: * Fresh Cilantro
14. Cool : Sour Cream
15. Sliced : Avocado or Guacamole
16. Pico de : Gallo
17. Perfect : Drink Pairing: Nothing cuts through the richness of the steak like a Classic Margarita. The lime in the drink echoes the lime in the marinade perfectly.
18. Swaps and Notes: Protein Swap: You can easily swap the steak for chicken breast or shrimp. If using shrimp, reduce the marinating time to 10 minutes.
19. Low : Carb: Skip the rice and serve the steak and peppers over a bed of cauliflower rice or shredded lettuce.
20. Spice it : Up: If you like heat, slice up a fresh jalapeño and sauté it right along with your bell peppers.
21. Nutritional Information (Per Serving): Calories: 480 kcal
22. Protein: 38g
23. Carbohydrates: 42g
24. Fat: 18g
25. Fiber: 3g

SWAPS & NOTES

: The Steak: We use a bright, acidic marinade that tenderizes the beef and creates those beautiful charred edges.

The Rice: Instead of plain white rice, we toast the grains to create a "seasoned rice" that acts as the perfect bed for the

juices of the meat.

The Ease: Aside from the marinating time, this entire meal comes together in under 30 minutes.

Ingredients You'll Need For the Steak & Marinade 1½ lb Flank or Skirt Steak: These cuts are classic for fajitas because they soak

up flavor and cook quickly. 2 tbsp Olive Oil: For the base of the marinade.

TIPS FOR SUCCESS

Slicing Against the Grain: Look for the direction the muscle fibers are running.

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