

Steak with Roasted Garlic & Chive Butter



Ingredients

- 2 Rib Eye Steaks
- Olive Oil
- Salt and Pepper
- 1/2 cup butter (room temperature)
- 1 teaspoon minced garlic
- 1 tablespoon minced chives

Instructions

Let the meat rest at room temperature for AT LEAST 30 minutes. Start by preheating the air fryer for 5 minutes at 400 degrees F. Then rub the olive oil or butter all over the steak, and season with salt and pepper. I added some cut up rosemary over the steak. Set the steaks in the air fryer for 6 minutes, then flip and air fry for another 6 minutes. Let the steak rest for at least 5 minutes. Top with some homemade Boursin Cheese (visit www.forktospoon.com for recipe)



Broccoli and Rice



Ingredients

- 1 tablespoon olive oil
- 1/2 cups diced onion
- 2 1/2 cups vegetable broth
- 1 cups medium grain white rice (brown will take longer, but can be substituted)
- 2 cups fresh broccoli florets
- salt and pepper to taste

Instructions

Start by adding olive oil to the Instant Pot Bowl. Then press the saute button, after about 30 seconds, add your diced onions, saute until they are soft. (Remember to mix them, as they saute, otherwise, they will burn) Then press the off button. Add the 2 c. of vegetable broth, and rice. Mix well. Add your lid, making sure it's in the sealed position, then press manual high pressure and set the timer for 5 minutes. Once the timer is done, do a quick release. Once it's safe to open your Instant Pot, open it up, stir the rice add another 1/2 c. of the vegetable broth, broccoli, salt and pepper and stir. Then add your lid, making sure that the valve is in the sealing position. Set the manual high pressure for 1 minute. Do a quick release, open your Instant Pot once the pin has dropped. Plate, serve and enjoy!