

# Low-Carb Steak Taco Bowl

Hands-on 10 minutes Overall 20 minutes

**Nutritional values (per serving):** Total carbs: 17.6 g, Fiber: 8.8 g, **Net carbs: 8.8 g**,

Protein: 34.3 g, Fat: 56.1 g, Calories: 702 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 1 serving)

### Steak Bowl:

- 1 small filet steak or any of your favorite steaks (150 g/ 5.3 oz)
- 1 tbsp butter or ghee (15 ml)
- salt and pepper, to taste
- 1 cup cauliflower rice, cooked (120 g/ 4.2 oz)
- 2 tbsp minced cilantro
- 1 tsp lime juice

### Toppings:

- 1/2 medium avocado, sliced (75 g/ 2.7 oz)
- 1/4 cup [Simple Tomato Salsa](#) or our [Radish Salsa](#) or [Summer Vegetable Salsa](#) (50 g/ 1.8 oz)
- 1 tbsp sour cream (12 g/ 0.4 oz)
- 1/2 jalapeño pepper, sliced (7 g/ 0.3 oz)
- 2 radishes, thinly sliced (15 g/ 0.5 oz)
- Optional:* more cilantro and lime wedges for garnish

## Instructions

1. Heat the butter over medium-high heat in a small skillet. Season the filet with salt and pepper. Sear the filet for 4 to 8 minutes per side, depending on how you want the steak cooked.
2. Transfer to a cutting board and allow to rest while you assemble the rest of the bowls.
3. In a bowl, mix the cooked cauliflower rice with cilantro and lime juice. *Note: You can cook the cauliflower rice by steaming, microwaving, pan roasting or oven baking. [Here's a guide on how to make and cook cauli-rice.](#)*
4. Top with other toppings. Thinly slice the steak and place on top of the cauliflower rice.
5. Serve immediately or store in the fridge for up to a day.

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