

Steak and Brussels Sprout Skillet

Serves 4

Prep time: 20 minutes

Ingredients:

3 tablespoons extra-virgin avocado oil

1 pound beef tenderloin, cubed

1 pound Brussels sprouts, cored and shredded or finely chopped

Juice of 1 lemon

1/2 cup sliced almonds

1/2 cup dried cranberries

Sea salt and freshly ground black pepper

Directions:

Heat a heavy bottomed skillet over medium high heat. When hot, add the steak and season generously with salt and pepper. Cook until browned and almost done to your liking. Remove from pan, leaving as much oil as you can.

Add the shredded sprouts to the pan and cook until soft, well-browned, and crisp. Season with salt and pepper, and add the lemon juice to the pan and stir. Turn off the heat, and add the steak back to the pan, along with the almonds and cranberries. Stir until heated through and serve.