

Filet Mignons with Balsamic Drizzle

INGREDIENTS:

2-4 filet mignons

1 tsp each of: ground ginger, garlic powder, onion powder, cumin, coriander, salt, pepper

1 lb asparagus, tough ends removed, chopped into 2" pieces

1 green onion, diagonally sliced

1 package spinach & arugula mix (or desired lettuce)

1 cup grape tomatoes

1 large avocado

1 tbsp extra virgin olive oil

1 tbsp balsamic vinegar

PROCESS:

1. Allow beef to come to room temperature for 30 minutes prior to cooking.
2. Roll beef in spices and press lightly to evenly coat.
3. Grill beef to desired doneness flipping halfway.
4. Let beef rest for five minutes before serving.
5. While beef is resting, steam the asparagus in a thin layer of water for about two minutes or until the asparagus is bright green & tender. Drain & rinse with cold water.
6. Halve the grape tomatoes, cut the avocado into cubes, and slice the green onion diagonally.
7. Use the spinach & arugula, tomatoes, avocado & asparagus to create a side salad.
8. Whisk together the 1 tbsp of extra virgin olive oil and the 1 tbsp of balsamic vinegar.
9. Drizzle the beef and salad with the olive oil and balsamic vinegar mixture and top with green onions.

ENJOY!

From: *Make it Paleo*

