

Breaded Thin Steaks, Mashed Butternut Squash, and Roasted Cauliflower

(Paleo and Whole 30 Friendly)

Shopping List:

- organic thin sliced eye of round steak(s)
- 1 organic large eggs
- 1/2 cup cooked, mashed butternut squash
- 1/2 to 1 cup cauliflower
- 1 tbsp coconut oil
- 1/4 cup (approximately) almond flour for coating the steak
- 1 tsp garlic powder
- 1/2 tsp chili powder
- 1/2 tsp paprika
- 1 tsp turmeric
- 1/2 tsp truffle salt
- sea salt to taste

Oven Roasted Cauliflower: Wash and slice your cauliflower florets from the main stem. Remove as many as you'd like for your serving size. Spray a foil lined baking sheet with coconut oil or olive oil spray, or you can toss the cauliflower in 1/2 tbsp olive oil or coconut oil. Sprinkle with truffle salt and chili powder, then place in the oven to roast for 30 (or more) minutes on 375* F or until roasted to your preference.

Breaded Eye of Round Thin Steaks: Combine (approximately) 1/4 cup almond flour with 1 tsp garlic powder, 1/2 tsp chili powder, 1/2 tsp paprika, and a dash of sea salt. Mix one egg in a separate bowl and dredge the steak through the egg to fully coat both sides. Then dredge the steak through the breading mixture to fully coat both sides. Using a non-stick skillet over medium heat, melt 1 tbsp coconut oil (or use olive oil). Once melted, saute the steak for about 2-4 minutes each side until cooked through. I flipped mine four times to insure it was fully cooked and to help lessen the meat from toughening up.

Butternut Squash Mash: Boil the cubed butternut squash until softened. Drain the water using a colander and then mash it. I used my OXO immersion blender for this. Add in sea salt to taste and 1 tsp turmeric and stir well.

You can actually add whatever seasonings you'd like. The squash naturally has a semi sweet flavor so it doesn't need much if anything at all to be delicious in my opinion!