

Ashley's Meal Prep Monday!

Pan-Seared Carne Asada



INGREDIENTS

Marinade:

1/3 cup avocado oil

1/4 Coconut Aminos

2 TBSP lime juice

2 TBSP apple cider vinegar

2 TBSP Monkfruit Sweetener

1 TSP pepper

1 TSP ground cumin

4 cloves garlic, minced

1 jalapeno, seeded and minced

Optional: 1/2 cup chopped
cilantro (ew...)

Steak:

1 1/2-2lbs flank
or skirt steak



Combine all of the marinade ingredients in a small bowl and whisk until blended. You can do this in a baking dish if that's easier for your meat to marinate - or be like me, and just thinly slice up the steak (I used skirt steak) and throw it into a large ziplock. Pour in the marinade and turn over a couple of times to coat thoroughly. Place in the fridge for at least 2 hours.

Now, I don't have a grill - I also have NEVER cooked steak in my life - so I just cooked this in a cast iron skillet. I did what my friend Nikki said to do, and that was to "cook the crap out of it." I was nervous about all of the liquid, but if you just increase the heat it eventually evaporates. I was very pleased with the finished product - which can be used for whatever your heart desires.