



## Seared Grass-Fed Sirloin with Balsamic Red Onions, Watercress, and Oranges

**Active Time:** 25 minutes | **Total Time:** 25 minutes | **Serves:** 4

### Nutrition Information Per Serving

335.4 calories, 14.12 g carbohydrate, 2.15 g fiber, 11.97 g NET carbs, 24.41 g protein, 19.59 g fat

### Ingredients

- 1 medium organic red onion, sliced thin
- 2 whole(s) organic oranges, peeled and cut into rounds
- 1/2 tsp(s) sea salt
- 1/2 tsp(s) freshly ground black pepper
- 2 Tbsp(s) avocado oil
- 1/3 cup(s) organic balsamic vinegar
- 1 bunch(es) organic watercress
- 16 ounce(s) grass-fed sirloin steak

### Preparation

1. Slice the steak into  $1\frac{1}{2}$  inch thick slices.
2. Place the steak on a large plate and sprinkle with the salt and pepper on all sides.
3. In a large safe nonstick skillet, heat half of the avocado oil over medium high heat.
4. When the oil shimmers, add the steak pieces and cook 4 to 5 minutes on each side for medium rare. Remove from the pan, transfer to a plate and cover to keep warm.
5. Reduce heat to medium and add the onion, stirring occasionally until crisp-tender, about 4 minutes.
6. Add the balsamic vinegar and cook 2 minutes more.
7. In a large bowl, toss the watercress with the orange sections and the remaining olive oil.
8. Divide the steak evenly among serving dishes and top with the glazed onions.
9. Serve with the watercress and orange sections.

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