



# Steak and Eggs

SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 5-10 MIN

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## INGREDIENTS

- 1/2 tbsp avocado oil
- 1/4 tbsp coconut aminos
- 1/4 tbsp Worcester sauce
- 1 clove garlic, minced
- Dash of black pepper
- 2 eggs
- 3 oz sirloin steak, sliced thin
- 2 cups arugula, spinach or green of choice

## DIRECTIONS

1. Marinate 1/4 tbsp avocado oil, coconut aminos, Worcester sauce, garlic, and pepper with sliced sirloin steak overnight.
2. Warm skillet over medium heat. Add steak and marinade mixture to the skillet and cook until steak is cooked through, turning steak strips once.
3. In a separate skillet heat 1/2 tbsp avocado oil. Crack eggs into the skilled. All eggs to cook until egg white is firm.
4. Serve steak and eggs over 1 cup arugula.

### NUTRITION INFO

Calories: 392, Carbohydrate: 4 grams, Protein: 39 grams, Fat: 24 grams