

# RECIPE OF THE WEEK: PALEO EDITION

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## Steak with Apple-Horseradish Relish

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### Ingredients:

- 2 Tbs prepared horseradish, drained
- 1 Tbs plus 2 tsp apple cider vinegar
- 1 Tbs fresh lemon juice
- 1 Tbs pure grade B maple syrup
- sea salt and freshly ground black pepper, to taste (optional)
- 1 Golden Delicious Apple, peeled and grated
- 1 Granny Smith Apple, peeled and grated
- 2 beef strip loin steaks (each 12 oz and 1 ½" thick)
- 1 Tbs olive oil
- 2 springs fresh thyme

### Instructions:

1. Arrange over rack in lowest position. Preheat oven to 450 F.
2. In medium bowl, combine horseradish, vinegar, lemon juice, syrup, ¼ tsp salt and ¼ tsp pepper. Stir grated apples into horseradish mixture. Set aside.
3. Heat 12" ovenproof skillet on high. Pat steaks dry with paper towels. Sprinkle with ½ tsp EACH of salt and pepper. Add oil to pan and swirl to coat bottom evenly. When oil shimmers and is almost smoking, add steaks.
4. Cook 2 mins. With tongs, lift each steak from pan and put back down on SAME side. Cook 1 min longer, then turn steaks over. Transfer pan to lowest rack of oven and roast for 4 mins.
5. Carefully add butter and thyme to skillet. Baste steak with melted butter. Roast 2-3 mins longer for medium-rare, or until desired done-ness.
6. Remove pan from oven and baste again. Transfer steaks to cutting board and let rest 5 mins.
7. Slice steaks against the grain at an angle. Spoon steak juices on top and serve with apple relish.

### Recipe Details:

1. Approximate cooking time: 30 mins
2. Makes dinner for two, with leftovers for lunch

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