

# *Paleo Italian Seasoned Pork Filet Over Roasted Beet Recipe*

## **The Ingredients:**

- **1 large Beet**
- **4 oz of Pork Fillet**
- **A pinch of fine sea salt and ground black pepper, to season**
- **1 tsp of Italian seasoning**
- **1 tablespoon of apple cider vinegar**
- **2 tablespoons of avocado oil**

## **Instructions:**

- 1.) Wash all vegetables.
- 2.) Peel and cube beet.
- 3.) Season Pork Filet on both sides with sea salt, black pepper and Italian seasoning. Cook pork filet in pan with avocado oil, cook to temp. Add apple cider vinegar and allow to reduce.
- 4.) In sheet pan, dress beet with avocado oil, salt & pepper. Lay beet evenly on sheet pan. Roast 15-20 minutes til tender in 350°F.
- 5.) Lay beets down and place pork over after resting, sliced as desired.

## **Add-ons toppings:**

- Sliced Avocado
- Red onion, green bell pepper and chopped parsley mix

ENJOY!

