

Filet Mignon with Braised Cabbage

number of servings: 1

1 serving = 1 protein, 1 vegetable

Ingredients

- 100 grams Filet Mignon
- 100 grams shredded cabbage
- apple cider vinegar
- lemon pepper
- stevia
- rosemary leaves



Directions

Cook Filet Mignon on a stovetop grill, pan or barbeque.

Drizzle a little vinegar and lemon pepper on top and sprinkle with a rosemary leaves before grilling.

Make sure to not overcook.

Once cooked, slice thinly.

Put shredded cabbage in a small saucepan with enough water to allow it to 'braise'.

Add vinegar, lemon pepper and a pinch or two of stevia to sweeten the taste.

Stir the cabbage to cook evenly... do not overcook.

Put cooked cabbage onto plate and arrange the filet mignon slices on top of the cabbage