Steak with Cauliflower and Bacon Hash

Serves 4

4 (6-8oz) grass-fed steaks (fillet, sirloin, ribeye)

2-3 tbsp cooking fat

Sea salt and freshly ground pepper to taste

2 large heads cauliflower, chopped into small pieces

12 slices of good quality bacon (gluten, nitrate & nitrite, and sugar free), diced

2 medium onions, diced

1 tsp smoked paprika

6 tbsp water

2 cloves garlic, minced

Juice of a lemon

4 tsp fresh parsley, minced

Sea salt and freshly ground black pepper to taste

* Steak:
* Heat 2-3 tbsp of cooking fat in a large sauté pan over medium-high heat. Season the steaks with salt and pepper on each side, cook for 2-3 minutes.
* Turn the steaks once and cook for another 2-3 minutes for medium rare.
* Transfer to plate and let rest 5 minutes before serving.
* Cauliflower and Bacon Hash:
* Cook the bacon in a large skillet over a medium-high heat until crispy (about 10 minutes).
* Remove the bacon from the skillet and set aside, but leave the rendered fat in.
* In the same skillet, add the cauliflower, garlic, and onion. Cook 2 to 3 minutes or until it starts to golden.
* Add the smoked paprika and season to taste with salt and pepper.
* Add the water. Cover the skillet and cook until the cauliflower is tender, about 5 minutes.
* Return the bacon to the skillet.
* Add the lemon juice and cook for another 2 minutes; then remove from the heat and sprinkle fresh parsley on top.