

# coffee-cocoa rubbed steaks with brussels sprouts

Well Memorial Day is right around the corner. Can you believe it? It feels like it was just yesterday that I was gathering recipes for Christmas posts, now Memorial Day?! At least it's warmer out. If you are having a Memorial Day party make these steaks! If you don't want to make the brussle sprouts that totally fine. Just make the steak and your guests will love it. It's a different spin on a steak rub. Um, and it has chocolate in it, so how can it be bad? Enjoy!

xoxo,

Kristin

## **Instructions:**

1) Combine the cocoa, ground coffee, chili powder and a pinch of salt and pepper. Sprinkle the mixture over the steaks and let sit at room temperature for a half hour. If you are short on time you can cook immediately. Cook however you like, either grill, bake, etc. Cook to your desired doneness. Once done; let rest at room temperature for 5-7 minutes.

2) While the steak is cooking, trim the stems from the Brussels sprouts and remove any outer leaves. Place Brussels sprouts in a large microwave-safe bowl. Combine olive oil, thyme, and a pinch of pepper and salt. Add to Brussels sprouts; toss to coat. Microwave, covered with vented plastic wrap 3 to 4 minutes or until tender crisp. Stir in dried cherries.

3) On a baking sheet spread the Brussels sprouts and cherries on a single layer. Broil for 4 to 5 minutes or until just browned.

4) Slice steak and serve with Brussels sprouts.

Recipe from Real Paleo: Fast and Easy Cookbook