

GOURMET MESO-MEAL

“Lose weight and feel great eating gourmet meals.”



Seared Herb-Crusted Bison Medallions with Garlic-Roasted Broccolini and Lemon Avocado Purée

Ingredients (Serves 2)

For the Grassfed Bison: [\(Online Bison\)](#)

- 2 bison medallions (about 4 oz each), pasture-raised and organic
- 1 tbsp olive oil or avocado oil
- 1 tsp sea salt
- ½ tsp cracked black pepper

- 1 tsp crushed garlic
- 1 tsp fresh rosemary, finely chopped
- 1 tsp thyme leaves
- ½ tsp smoked paprika

For the Broccolini:

- 1 bunch organic broccolini
- 1 tbsp avocado oil
- 2 cloves garlic, thinly sliced
- Sea salt and pepper to taste

For the Lemon Avocado Purée:

- 1 ripe avocado
- Juice of ½ lemon
- 1 tbsp olive oil
- ¼ tsp sea salt
- ¼ tsp garlic powder
- Optional: a pinch of cayenne for some zing

Instructions

1. Prep the Protein:

Pat the bison medallions dry. In a small bowl, mix salt, pepper, garlic, rosemary, thyme, and paprika. Rub evenly onto both sides of the medallions. Let them sit for 10 minutes while you prep the veggies — give them time to think about their destiny.

2. Roast the Broccolini:

Toss the broccolini with oil, sliced garlic, salt, and pepper. Roast in a preheated oven at **400°F (205°C)** for about **10–12 minutes**, or until tender-crisp and slightly charred at the tips.

3. Sear the Bison:

Heat oil in a skillet over medium-high heat. Sear the medallions for about **2–3 minutes per side** for medium-rare (depending on thickness). Let rest for 5 minutes before serving — because patience is delicious.

4. Make the Purée:

In a food processor (or with a strong arm and fork), blend the avocado, lemon juice, olive oil, salt, and garlic powder until smooth and creamy.

Vicky's Tip

Spoon a swirl of avocado purée onto the plate, top with bison medallions, and serve the roasted broccolini alongside. Optional: garnish with a few rosemary sprigs or a sprinkle of flaky salt for that *chef's kiss* finish.

Doc's Tip

Bison is an ideal lean protein for hormone-friendly, anti-inflammatory eating. Pairing it with fiber-rich greens and healthy monounsaturated fats helps balance blood sugar, support satiety, and enhance your taste buds' enjoyment.