



Beef Steak with Roasted Sweet Potatoes and Broccoli



SERVINGS: 1

PREP TIME: 15 MINUTES

COOKING TIME: 45 MINUTES

INGREDIENTS

- 2 hand-sized Sweet Potato, diced
- A handful Broccoli florets
- 1/2 tsp Black Pepper
- 1 palm-sized Beef Steak, cooked
- 1 pump Avocado Oil Cooking Spray
- A generous handful Mixed Salad Greens
- A handful Cherry Tomatoes, halved
- A handful Cucumber, sliced
- 1 tbsp Balsamic Vinegar

DIRECTIONS

1. Preheat oven to 350F (176C). Toss sweet potatoes and broccoli with half the pepper and a third of the salt. Roast 20-25 minutes on a non-stick, oven-safe baking pan, stirring halfway, until fork-tender.
2. Pat the beef steak dry and season with the remaining salt and pepper. Sear in a hot, sprayed cast-iron skillet 2-4 min per side until a deep crust forms. Rest 5 min, then slice against the grain.
3. While the beef rests, prepare the side salad. In a large bowl, combine the mixed greens, halved cherry tomatoes, and sliced cucumber. Drizzle with balsamic vinegar and toss gently to coat.
4. Serve beef alongside the roasted vegetables and salad.

AVERAGE NUTRITION INFO

Energy : 1966 kJ / 470 Cal

Fat : 10 g

Carbs : 56 g

Protein : 40 g

Fibre : 10 g

Sugar : 16 g

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