



STEAK

AND SWEET POTATO BOWLS

INGREDIENTS

- 500 g sirloin steak
- 1 tablespoon vegetable oil
- 2 large sweet potatoes, diced
- 2 tablespoons olive oil
- Marinade:**
- 59 ml soy sauce
- 2 tablespoons vegetable oil
- 2 teaspoons honey
- 2 tablespoons crushed garlic
- ½ teaspoon red chilli flakes
- ¼ teaspoon ground ginger powder
- Sauce:**
- 1 avocado, peeled
- 15 g fresh coriander
- 1 tablespoon fresh lime juice
- 1 teaspoon crushed garlic
- 2 tablespoons cold water
- salt and pepper to taste

METHOD

1. Mix marinade ingredients then place meat in the marinade and place in the fridge for 6 hours to marinate.
2. In a hot griddle pan, heat the oil and cook the steak as you require. Remove from the heat and let it rest while you prepare the potatoes and sauce. Preheat the oven to 200°C.
3. Toss the sweet potatoes in the olive oil and season with salt then place in a roasting dish and bake for 20 minutes.
4. Blend the avocado, coriander, lime juice, and crushed garlic with the water until smooth.
5. Slice the beef and serve warm with the baked sweet potatoes and the avocado sauce.

Steak is a source of iron and sweet potato is a good source of fibre ✓

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PREP TIME | 18min
COOK TIME | 30min
⌚ **TOTAL** | 48min
(excluding marinating)
SERVES | 4-6