



Steak & roast vegetables with sundried tomato dressing



Gluten Free



Dairy Free



Very Healthy

READY IN



40 min.

SERVINGS



2

CALORIES



1740 kcal

SIDE DISH

Ingredients

- ☐ 2 medium sweet potatoes and into peeled cut into chunks
- ☐ 2 bell pepper red deseeded cut into chunks
- ☐ 2 tbsp olive oil
- ☐ 200 g green beans fine
- ☐ 2 garlic clove thinly sliced
- ☐ 4 sun-dried olives finely chopped
- ☐ 1 tablespoon juice of lemon

- ☐ 2 sirloin steak
- ☐ 1 mangos
- ☐ 1 papaya
- ☐ 2 servings pineapple
- ☐ 2 kiwi fruit
- ☐ 2 fruit
- ☐ 23 juice of lime
- ☐ 1 tbsp sugar
- ☐ 2 servings mint leaves
- ☐ 1 small knob ginger

Equipment

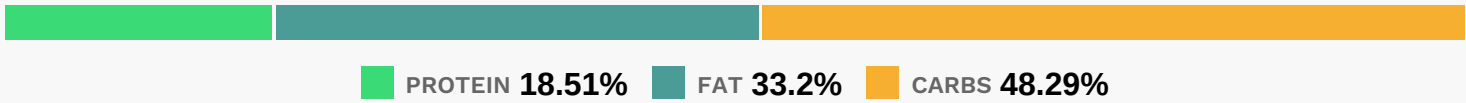
- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Place the potatoes and peppers in a roasting tray, drizzle over 1 tbsp oil, then roast for 20 mins or until the edges are charred.
- ☐ Add the beans and garlic, stir, then cook for another 10 mins.
- ☐ Meanwhile, mix together the sundried tomatoes, lemon juice and tbsp olive oil.
- ☐ Heat the rest of the oil, season the steaks, then pan-fry for 2 mins on one side. Turn over and cook for 1-2 mins for rare or medium.
- ☐ Season well.
- ☐ Serve the steak with the roasted vegetables and the dressing spooned over.
- ☐ For the fruit salad: Cube the flesh of the mango, papaya and pineapple.
- ☐ Place in a bowl, then add peeled and sliced kiwi fruit and the pulp from the passion fruit.

Combine the lime juice, sugar, finely chopped mint and a small knob of grated root ginger. Stir into the fruit and serve.

Nutrition Facts



Properties

Glycemic Index:251.46, Glycemic Load:57.14, Inflammation Score:-10, Nutrition Score:76.29826097903%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Eriodictyol: 8.23mg, Eriodictyol: 8.23mg, Eriodictyol: 8.23mg, Eriodictyol: 8.23mg Hesperetin: 32.13mg, Hesperetin: 32.13mg, Hesperetin: 32.13mg Naringenin: 1.41mg, Naringenin: 1.41mg, Naringenin: 1.41mg, Naringenin: 1.41mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 1.78mg, Luteolin: 1.78mg, Luteolin: 1.78mg Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 5.02mg, Quercetin: 5.02mg, Quercetin: 5.02mg

Nutrients (% of daily need)

Calories: 1739.74kcal (86.99%), Fat: 67.24g (103.45%), Saturated Fat: 22.88g (142.99%), Carbohydrates: 220.04g (73.35%), Net Carbohydrates: 190.68g (69.34%), Sugar: 124.25g (138.06%), Cholesterol: 190.4mg (63.47%), Sodium: 372.21mg (16.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 84.32g (168.65%), Vitamin A: 40779.06IU (815.58%), Vitamin C: 526.75mg (638.48%), Vitamin B12: 9.45µg (157.53%), Vitamin B6: 2.84mg (141.98%), Vitamin K: 131.42µg (125.16%), Fiber: 29.35g (117.41%), Manganese: 2.28mg (113.91%), Potassium: 3964.06mg (113.26%), Vitamin B3: 20.15mg (100.74%), Phosphorus: 956.62mg (95.66%), Zinc: 13.62mg (90.81%), Selenium: 61.01µg (87.16%), Folate: 321.26µg (80.32%), Copper: 1.6mg (79.88%), Vitamin B2: 1.27mg (74.84%), Magnesium: 290.58mg (72.65%), Iron: 13.02mg (72.33%), Vitamin B1: 0.99mg (65.76%), Vitamin E: 8.26mg (55.03%), Vitamin B5: 5.03mg (50.25%), Calcium: 301.68mg (30.17%)