

RECIPE

Steak Plate

🕒 15 minutes / 1 serving

NO NEED TO OVERTHINK IT—

fresh, seasonal veggies and a good piece of steak is an easy weeknight dinner you'll always look forward to. If you're after the perfect sear, be sure to pat your steak dry with paper towels and season with salt and pepper the night before!

INGREDIENTS

- 1 tsp extra-virgin olive oil
- 3 oz skirt steak, trimmed
- Salt and pepper to taste
- 1 zucchini, sliced
- 1 tomato, chopped
- 1 garlic clove, sliced
- 1 roasted sweet potato



INSTRUCTIONS

- 1 **HEAT** oil in a medium skillet over medium-high.
- 2 **SEASON** steak with salt and pepper. Add to skillet and cook until browned and cooked to desired doneness, about 3 minutes per side for medium-rare. Transfer to a plate.
- 3 **ADD** zucchini, tomato, and garlic to skillet; season. Toss until tender, 3-5 minutes, adding a splash of water if needed.
- 4 **SERVE** with steak and sweet potato.

NUTRITIONAL INFO PER SERVING

CALORIES

360

PROTEIN

23 g

FIBER

7 g

CALCIUM

50 g