



STEAK AND STEAMED VEGETABLES + POTATO (160G)

 1 portion

INGREDIENTS

- 160 grams of beef, fillet steak, fully-trimmed, baked, roasted, fried, grilled or BBQ'd, other oil
- 1/2 cup chopped of broccoli, raw [46 g]
- 1 small carrots, raw [50 g]
- 1/2 tsp of oil, olive, salad or cooking [2 g]
- 40 grams of capsicum, red, fresh or frozen, raw
- 350 grams of potatoes, white, flesh and skin, raw

COOKING METHOD

- 1° Lightly spray a fry pan with olive oil on medium-high heat. Cook Steak for 3-4mins then flip and cook for a further 3mins for medium cooked steak. Allow to rest for 5mins.
- 2° Meanwhile steam or roast vegetables. Mash potato if you like. Season with Salt and Pepper.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (648 g)	% DRI
ENERGY	96 kcal	620 kcal	31 %
FAT	3 g	19 g	29 %
FATTY ACIDS, TOTAL SATURATED	1 g	6 g	28 %
CHOLESTEROL	17 mg	110 mg	37 %
SODIUM	30 mg	198 mg	8 %
CARBOHYDRATE	10 g	64 g	21 %
SUGARS	1 g	9 g	—
FIBER	2 g	12 g	47 %
PROTEIN	8 g	50 g	—