



Simple Steak & Mixed Veggies

Ingredients	
Olive oil, extra virgin	1 tablespoon (20mL)
Beef, sirloin steak, fully-trimmed, raw	1 large steak (226g)
Pumpkin, peeled, raw	100 gram
Cabbage, raw	1 cup (250mL), shredded
Mixed vegetables (frozen), broccoli, carrots & cauliflower, raw	200 gram
Dijon mustard	2 teaspoon



Makes 1 Serves (661g per serve)

Meal Time

Dinner

Description

The classic steak and veggie dinner to enjoy by yourself!

Methods

1. Heat oil in a frying pan over medium-high heat. Add the steak and cook for 3-4 minutes on each side, flipping each minute. Once done, remove from heat, cover and set aside.
2. Cut the pumpkin into bite-sized pieces and shred the cabbage. Steam the pumpkin in the microwave or on the stove (approximately 6 minutes).
3. After steaming the pumpkin for approximately 4 minutes, add the cabbage and frozen vegetables to and cook for a further 4 minutes. Once done, drain the vegetables and add to a plate ready to serve.
4. Serve cooked steak with a smear of mustard and on a bed of steamed vegetables.

Meal Tags

Simple, Halal Friendly

Nutrition Tags

Low Carb, Dairy Free, Low GI, Low Lactose, Gluten Free, Soy Free, Keto Friendly, Egg Free, High Fibre, High Protein, Low Sodium, Seafood Free, Wheat Free, Large Serve

Analysis Summary		
	Quantity per Serving	Quantity per 100g
Weight (g)	661g	100.00g
Energy (kJ)	2,306kJ	349kJ
Protein (g)	63g	9g
Fat (g)	27g	4g
Carbohydrate (g)	12g	2g
Sugar (g)	11g	2g

Analysis Summary

Fibre (g)	10g	1g
Sodium (mg)	461mg	70mg