

# Steak & Sweet Potato Meal Prep

Serves 4 • Prep 15 min • Cook 30–35 min

## Ingredients

- 600g rump or sirloin
- 1½ tbsp extra-virgin olive oil
- 1 tsp smoked paprika
- 1 tsp garlic powder
- ½ tsp oregano
- 1 tsp sea salt
- ½ tsp pepper
- 600g sweet potato
- ½ tsp smoked paprika
- ½ tsp garlic powder
- 300g broccoli
- 2 zucchini
- 1 red capsicum
- Juice of 1 lemon
- 2 tbsp olive oil
- 1 tbsp parsley
- ½ tsp Dijon

## Method

1. Heat oven to 220°C. Cube sweet potato, season and roast 20–25 min.
2. Season broccoli, zucchini and capsicum with oil, salt and pepper; roast 12–15 min.
3. Season steak with paprika, garlic, oregano, salt and pepper. Sear about 3–4 min per side, then rest 5–10 min.
4. Whisk lemon, olive oil, parsley and Dijon. Slice steak against the grain and divide everything into 4 containers. Keep dressing separate.

## Nutrition / Recipe Notes

High-protein • Whole-food • No added sugar

## Serving idea

Serve immediately with fresh herbs, lemon or a simple low-carb vegetable side. Nutrition is approximate and will vary with brands and portion sizes.

**Photo placeholder** — Add a finished-meal photograph here for the website/print version.