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## **Marinated Steak with Sweet Potato Wedges**

If you don't have hours to marinate your meat before cooking, you're going to absolutely love this! Marinating your steak after it's cooked is super quick, and gives you a steak so moist you'll be the talk of the town. Sweet potato wedges work perfectly with this speedy sauce as well.



Prep: 10 mins Cook: 30 mins Total: 40 mins



level 1





Spring Onions



Garlic



Sweet Potato



Steak



Baby Spinach

2P	4P	Ingredients	
400 g	800 g	sweet potato, peeled & cut into wedges	Α
1 bunch	2 bunches	spring onions, finely sliced	
2	4	garlic cloves, peeled & chopped	1
1/4 cup	½ cup	soy sauce *	
1 tbs	2 tbs	sugar *	
1 tsp	2 tsp	wholegrain mustard *	
1 tsp	2 tsp	balsamic vinegar *	
1/4 cup	½ cup	olive oil *	
2	4	rump steaks	
140 g	280 g	baby spinach, washed	

- May feature in another recipe
- \* Good to have at home

## **Nutrition per serving**

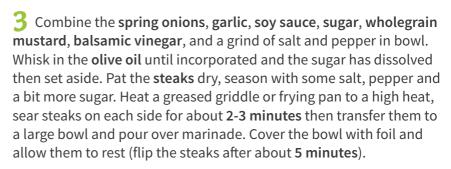
Energy	2770	Kj
Protein	43.2	g
Fat, total	35.9	g
-saturated	7.2	g
Carbohydrate	38.2	g
-sugars	20.6	g
Sodium	2220	mg

## Measuretool

) cm	1cm	2 cm
1		

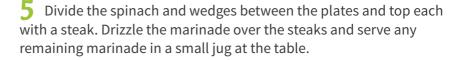


- 1 Preheat the oven to 200°C/180°C fan-forced.
- 2 Place the **sweet potato** on a lined baking tray, and toss with some olive oil and a good grind of **salt** and **pepper**. Place in the oven for **20-30 minutes** or until golden and crispy.





4 Place a frying pan over a medium heat, toss in the **baby spinach** and allow it to wilt, feel free to add a splash of water if it needs help reducing down.







Did you know? Mustard is one of the world's oldest condiments and thought to have originated in India around 3000 BC.