

STEAK AND HONEY ROSEMARY POTATOES

- SOYF, SF, GF, NF, DF

35

INGREDIENTS

- 1 Tbsp. of Rosemary, chopped
- 2 Potatoes, diced big
- 1 Tbsp. Honey
- 1 pinch Salt
- 1 pinch Pepper
- 200g of rump Steak
- 1/2 Tbsp. Almond Oil

METHOD

- 1 Pre heat the oven 190°C, dice the potatoes with the skin on, place in a tray lined with baking paper and drizzle over honey and add rosemary, salt and pepper cook for 20min.
- 2 In a hot pan cook the rump steak, to your liking.
- 3 Serve the steak and the potatoes together, you can add some fresh lime juice on the steak if you want.

SERVES 1

NUTRITION INFO

CALORIES

529

TOTAL FAT

19.4g

SAT. FAT

8.7g

SODIUM

505mg

TOTAL CARBS

41g

FIBRE

2.7g

SUGARS

21g

PROTIEN

43.9g