

## BALSAMIC BEEF WITH GREEN BEANS AND MASH

- SF, GF, SOYF, DF

40

### INGREDIENTS

750g orange sweet potato (kumara), peeled, cut into 2cm pieces  
 1 tsp. macadamia oil  
 4 (about 125g each) beef fillet steaks, excess fat trimmed  
 125ml (1/2 c) balsamic vinegar  
 60ml (1/4 c) salt-reduced beef stock  
 60ml (1/4 c) water  
 8 corn Cobbett's  
 250g green beans, topped

SERVES 4

### NUTRITION INFO

**CALORIES**

425

**TOTAL FAT**

13.7g

**SAT. FAT**

4.8g

**SODIUM**

137mg

**TOTAL CARBS**

37g

**FIBRE**

9g

**SUGARS**

17.4g

**PROTIEN**

32.7g

### METHOD

- 1 Place the sweet potato in a large saucepan and cover with cold water. Bring to the boil over high heat and cook for 10 minutes or until tender. Drain and use a potato masher or fork to mash until smooth. Season with pepper.
- 2 Meanwhile, heat the oil in a large non-stick frying pan over medium-high heat. Add the steaks and cook for 2-3 minutes each side for medium or until cooked to your liking. Transfer to a plate and cover with foil. Set aside for 5 minutes to rest.
- 3 Add the vinegar, stock and water to the pan. Bring to the boil over high heat. Boil, uncovered, for 6-7 minutes or until the mixture reduces and thickens slightly.
- 4 While the sauce is cooking, place the corn in a steamer basket over saucepan of simmering water. Steam, covered, for 5 minutes. Add the green beans to the basket with the corn and steam, covered, for a further 4 minutes or until the vegetables are just tender.
- 5 Divide the sweet potato mash among serving plates. Top with the steak and drizzle over the balsamic sauce. Serve with the steamed corn and green beans.