

Steak with Sweet Potatoes and Paprika



Nutrition Facts

Amount Per Serving

Calories	435 kcal
Protein	58g
Carbohydrate	22.5g
Fat	11.5g

Calories per Gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients:

- 250g beef steak
- 100g sweet potatoes
- 50g paprika
- Paprika powder
- Garlic powder
- Pepper
- Salt

Preparation:

Peel the sweet potatoe. Cut it, flavor it with a bit of paprika powder, garlic powder, salt and pepper and then put it into the stove (180° Celsius) for about 20-25min. Roast the paprika for about 5-8min. Roast the steak on each side for about 2-3 minutes and afterwards put it into the stove for about 10 minutes (180° Celsius). Serve the steak with sweet potatoes and paprika. Enjoy and stay fit!