



Starview Farms Steak & Roasted Sweet Potato Bowl

4 servings

30 minutes

Ingredients

- 2 Sweet Potato (peeled, chopped into 1" cubes)
- 1 1/2 tbsps Extra Virgin Olive Oil
- 1 1/4 lbs Flank Steak (can use sirloin, ribeye or strip steak too)
- 1 tsp Sea Salt & Black Pepper
- 4 cloves Garlic (minced)
- 2 tbsps Avocado Oil
- 4 cups Arugula (or baby spinach)
- 2 cups Brown Rice (pre-cooked for serving)
- 1 Avocado (Sliced)
- 1/4 cup Cilantro (chopped)
- 1 Lime (Sliced into wedges)

Directions

- 1 Roast the sweet potatoes: Heat oven to 425 degrees. Drizzle with olive oil and season with minced garlic, salt, and pepper. Toss to coat then spread in an even layer on a cookie sheet lined with parchment paper. Roast for 25-30 minutes until golden and tender. Stir halfway through baking time.
- 2 Prepare the steak: season with salt & pepper, garlic minced or your favorite steak seasoning. Sauté the steak: Heat a thin layer of avocado oil in a large cast-iron skillet. When it begins to smoke, add the steak and sear for 2 minutes per side for medium-rare, then transfer to a cutting board to slice into thin strips against the grain.
- 3 Slice the avocado and slice the lime into wedges
- 4 To serve: Line each bowl with 1-2 cups arugula, then add 1/2 cup cooked rice, top with roasted sweet potatoes, sliced avocado, and steak. Drizzle with Cilantro and a squeeze of Lime juice. Enjoy!

Notes

Starview Farms Steak: provides the best quality, locally sourced beef. Grass-fed and pastured cattle is higher in heart-healthy omega 3 fats!

Need to substitute?: Make this dish with pastured chicken. To save time, slice the chicken before sauteing