

STEAK & ROASTED VEGGIE PLATE WITH RICE

Calories: 460

Protein: 42g | **Carbs:** 35g | **Fat:** 14g

Ingredients:

Sirloin steak (trimmed of fat) – 130g

Cooked white rice – 100g

Zucchini – 60g

Red bell pepper – 50g

Red onion – 30g

Directions:

Season steak and pan-sear to your preferred doneness.

Roast veggies at 400°F (205°C) for 20–25 mins with olive oil and seasonings.

Plate with rice and sliced steak.

