



Steak Bites with Peppers & Sweet Potatoes

(Gluten-Free, Whole30, Dairy-Free)



PREP TIME

10 MIN

COOK TIME

30 MIN

TOTAL TIME

40 MIN

SERVES

4-6



INGREDIENTS

- 2 medium sweet potatoes, diced into 1" cubes
- 1 tsp salt
- 1 pound top sirloin steak, cut into 1" cubes and seasoned with salt and pepper
- 3 tbsp olive oil, divided
- 1 shallot, diced
- 2 cloves garlic, minced
- 1 cup cauliflower florets, chopped
- 2 bell peppers, seeded and diced
- 1 cup green onions, chopped
- ¼ cup fresh chopped cilantro, divided
- 3 tbsp low sodium soy sauce (or coconut aminos to be whole 30 compliant)
- Fresh ground pepper, to taste

INSTRUCTIONS

Step One

Prep the sweet potatoes. Under cool running water, thoroughly wash each sweet potato with a potato scrubber under to remove any dirt from the skin. Dry completely and chop into small cubes - approximately 1-inch in size. Transfer potatoes to a microwave safe bowl and toss with approximately 1 teaspoon of salt. Microwave for 2 minutes, stir, and microwave for an additional 2 more minutes. You just want your potatoes to soften slightly, not completely.

Step Two

Sear the steak bites. As the potatoes are prepping, chop your steak into 1-inch cubes and transfer to a mixing bowl. Sprinkle with salt and pepper, to season. Heat a large skillet over high heat. Let your skillet get nice and hot before adding 1 tablespoon of olive oil. Swirl to coat your skillet then add your steak bites in a single layer. Allow your steak to sear for approximately 2 minutes before flipping and cooking the other side. Cook your steak bites for 4-6 minutes, maximum. Remove from your skillet to a clean plate to rest.

Step Three

Cook the vegetables. Return the same skillet to medium-high heat. Add 2 more tablespoons of olive oil to the skillet and add the potatoes and cauliflower. Cook, stirring occasionally, until the sweet potatoes are brown around the outside (5-6 minutes). Add the bell peppers and toss to combine. Continue to cook for an additional 4-6 minutes.

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NOTES

- ★ Feel free to swap out the steak for chicken.
- ★ This recipe is perfect for meal prep or repurposed into leftovers the next night. Serve wrapped in a tortilla with some fresh greens and tomatoes and you're good to go!

Step Four

Finish cooking. Once the potatoes are just nearly soft, return the steak (with its juices) to the skillet. Add the minced garlic, soy sauce (or coconut aminos), half of the green onions and half of the chopped cilantro to the skillet. Mix well to combine. Continue to cook until steak is cooked to your desired doneness and the vegetables are softened.

Step Five

Serve. Season with fresh cracked black pepper, to taste, and sprinkle with fresh chopped cilantro and chopped green onions, if desired.