



Steak and Sweet-Potato Fries

Ingredients for steak

New York strip steak 2
Rosemary, chopped 1 tbsp
Garlic, chopped, 1 clove
Coarse black pepper 1 pinch
Pinch of salt 1 pinch
1 tbsp olive oil 1 tbsp

Directions for steak

1. Mix rosemary, garlic, pepper, salt, and olive oil in a bowl.
2. Cover steak with mixture and allow to marinate while you prepare fries.
3. When fries are almost done, cook steak on grill or in pan until desired doneness. (About 3-4 minutes on each side.)

Ingredients for sweet-potato fries

Sweet potatoes, washed and cut into thin wedges 2 small
Rosemary, chopped 1 tbsp
Garlic, chopped 1 clove
Coarse black pepper 1 pinch
Salt 1 pinch
Olive oil 2 tbsp

Directions for fries

1. Preheat oven to 425 degrees.
2. Place potato wedges in a bowl, add the rest of ingredients, and mix thoroughly.
3. Lay wedges flat on a nonstick baking sheet and cook for 15 minutes.
4. Flip wedges and cook for another 15 minutes, or until they develop a slight golden color.

Nutrition Facts

Serving size: 1 steak

Recipe yields 2 servings

Calories 480

Fat 27 g

Carbs 30 g

Protein 35 g