

PERUVIAN STEAK AND ROASTED SWEET POTATO BOWL



Thompson
DeLight

Recipes under 450 calories

Ingredients

Servings: 10

For the steak-potato bowl

- 4 cup cooked brown rice
- 6 tablespoon salsa verde
- 3 cups cooked black beans, rinsed and drained
- 2 ripe avocados, thinly sliced
- 4 cups cubed roasted sweet potatoes
- 2 pounds flank steak, grilled medium and thinly sliced
- 1/2 cup roasted pumpkin seeds
- 5 ounces Cilantro-Honey Chipotle Lime Dressing

For the salsa verde

- 1 1/2 pounds tomatillos
- 1 tablespoon fresh lime juice
- 1/2 cup white onion, chopped
- 2 cloves (or more) garlic
- 1/2 cup cilantro leaves
- 2 jalapeño peppers, stemmed, seeded and chopped
- Salt to taste

For the dressing

- 3 1/2 tablespoons olive oil
- 3 1/2 tablespoons adobo sauce
- 5 teaspoons honey
- 5 teaspoons fresh lime juice

- Remove the tomatillos' papery skin and wash them. Cook the tomatillos in boiling water or roast for 5 to 7 minutes. Place the cooked tomatillos, lime juice, onion, garlic, cilantro and peppers in a blender or food processor and pulse until all ingredients are finely chopped and mixed. Season with salt and pepper. Chill until service.
- Combine the cooked brown rice and tomatillo salsa.
- Place the rice mixture on the bottom of the plate. Arrange the black beans, avocado, sweet potato, steak, pumpkin seed kernels and cilantro over the top.
- In a small bowl, combine the olive oil, adobo sauce, honey and lime juice, stirring well with a whisk. Drizzle over the steak bowl.

