

## Grilled Steak with Potato Wedges & Vegetables



6 Ingredients, 2 serves, 10 Minutes Total Time

- 1 bunch chives
- 1 carrot (sliced)
- 2 potatoes (cut into wedges)
- 300 grams beef (2 steaks)
- 2 teaspoons oil\*
- 200 grams green beans (top & tailed)

### Instructions

- Steam potatoes until just tender. Dry and toss in a little oil, then sprinkle with chives and sea salt.
- Arrange on a baking tray and cook at 200C/400F until crisp.
- Chargrill or BBQ the steak.
- Steam the vegetables until just cooked.
- Serve the potatoes to one side of the steak with the vegetables.

### FODMAPS marinade:

For a bit of variety, try marinating the steak in a combination of 1/2 cup red wine, 1 T tomato paste, 1 tsp gluten free Worcestershire sauce and a pinch of chilli.

TIP: fresh rosemary is also a good addition to the wedges.

### Warnings

\*\*POTATOES: only white, peeled potatoes are low salicylate

\*\*OIL\*: SIBO approved oils are coconut, olive, ghee, MCT, flax, sesame, sunflower, walnut, grape seed

\*\*GREEN BEANS: one serve of veg allowed per meal on SIBO phase 1, and 1-2 serves on phase 2. 10 beans = one serve.

Nutritional Information (per serving)

Calories	406
Total Fat	8g
Saturated Fat	2g
Cholesterol	83mg
Sodium	144mg
Total Carbohydrate	43g
Dietary Fibre	9g
Sugars	7g
Protein	40g
Calcium	81mg
Iron	5mg
Magnesium	109mg
Phosphorus	500mg
Potassium	1,693mg
Vitamin C	34mg
Thiamine	--
Riboflavin	--
Vitamin B6	2mg
Vitamin E	2mg