THE LIGHTER PLATE METHOD

Spinach & Feta Steak with Salty-Sweet Wedges

A quick pan sauce of wilted spinach and salty feta spooned straight over a rested steak.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
15 min	**30 min**	**45 min**	**4**	**EASY**

Ingredients

- 4 sweet potatoes (cut into wedges)
- 4 sirloin steaks
- 150 g baby spinach
- 60 g feta (crumbled)
- 2 cloves garlic (sliced)
- 2 tbsp olive oil

Method

1. Heat the oven to 200°C (fan 180°C). Toss the sweet potato wedges with 1 tbsp of the oil and a good pinch of salt.
2. Roast for 25–30 minutes, turning once, until tender and golden.
3. Meanwhile, season the steaks and cook in a hot pan with the remaining oil for 3–4 minutes each side for medium, then rest for 5 minutes.
4. In the same pan, cook the garlic for 30 seconds, then add the spinach and cook until just wilted.
5. Stir the feta through the spinach off the heat, and spoon over the sliced, rested steak with the wedges alongside.

Tips & swaps

- Always rest steak for at least 5 minutes before slicing — it keeps the juices in rather than on the board.
- Regular potato wedges work fine if you don't have sweet potato.

Storage & reheating

Best eaten fresh; steak toughens on reheating.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
480	**38g**	**34g**	**22g**	**6g**

Estimated values, for guidance only. Contains: Milk.