



AIR FRYER STEAK, POTATOES AND BRUSSELS SPROUTS

This month's meal prep is provided by Jennifer Zollars, IFBB Wellness Pro. @jeni.snax



STEAK BITES

From: masonfit.com

Prep Time: 10 min, Cook Time: 10 min, Total Time: 20 min

Servings: 4

Nutrition Information: Calories: 200, Total Fat: 10g, Carbohydrates: 1g, Protein: 25g

STEAK BITES INGREDIENTS

16 oz Top Sirloin Filet, cut into bite size pieces

½ Tbsp (8g) Olive Oil

½ Tbsp (6g) Brown Sugar

1 tsp Kosher Salt

1 tsp Black Pepper

1 tsp Chili Powder

¼ tsp Garlic Powder

¼ tsp Onion Powder

GARLIC BUTTER INGREDIENTS

1 ½ Tbsp (21g) Butter

¼ tsp Garlic Powder

¼ tsp Red Pepper Flakes

¼ tsp Parsley Flakes

INSTRUCTIONS

1. Toss the steak pieces with the olive oil. Mix the remaining ingredients together and coat the steak in the seasoning. Set aside.
2. Preheat an air fryer for 5 minutes at 400°F. Once heated, add the steak to the basket and air fry for 4-6 minutes at 400°F to your desired doneness.
3. **Optional:** While the steak cooks, melt the butter and mix in the garlic powder, red pepper, and parsley. Toss the finished steak in the garlic butter before serving. **Pro Tip:** To keep it contest prep, omit the butter and add the red pepper flakes and parsley flakes to the finished steak for garnish.

Notes:

- The type of steak you choose is your preference. Top sirloin filet has 5g fat per 4 oz raw, round steak (7g fat per 4 oz raw), flank steak (9g fat per 4 oz raw), or skirt steak (14g fat per 4 oz raw). Thinner cuts will cook faster.
- Shortcut method for adding flavor – cut steak into bite-size chunks and season all sides.
- Every air fryer is different, cooking times may vary. Doneness also varies according to preference, usually ranging between 140° F-160° F.
- The Garlic Butter Sauce is, of course, optional. It's a great way to pack extra flavor into your steak bites.

Alternative Stove Top Method: Use a large cast iron skillet to cook. Add oil to hot pan, then add in steak bites. Cook for 2-3 minutes before stirring to finish cooking, about 4-5 minutes total.



SWEET POTATOES AND BRUSSELS SPROUTS

From: glueandglitter.com

Prep Time: 10 min, **Cook Time:** 25 min, **Total Time:** 35 min

Servings: 4

INGREDIENTS

4 cups Diced Sweet Potato, 1" pieces, peeled or unpeeled

Spray Oil **PRO TIP:** Use a spritzing spray bottle, an aerosol oil spray can damage your air fryer basket.

2 tsp Garlic Powder, divided

4 cups Brussels Sprouts, sliced lengthwise into ¼" thick pieces. They could be halves, thirds or quarters, depending on the size of your Brussels.

2 Tbsp Low-sodium Soy Sauce **PRO TIP:** Used to season the veggies and add moisture without adding more oil. Alternatively, use tamari or coconut aminos.

INSTRUCTIONS

1. Add the sweet potatoes to your air fryer and spritz them with oil, shaking to coat. Sprinkle on 1 teaspoon of the garlic powder, and shake again. Cook at 400° F for 15 minutes, shaking after 8 minutes.
2. Add the Brussels sprouts to the basket, then spritz again with oil and sprinkle on more garlic powder. Shake well, and cook for 5 more minutes at 400° F.
3. Open the air fryer and sprinkle on the soy sauce, shaking to coat the veggies. Set the air fryer to cook for another 5 minutes, but check in at 2 minutes and 3 minutes, shaking each time. Cooking times can vary! Your veggies are done when they are browned and tender.

Notes:

- The size of your Brussels sprouts will affect cook time. Larger sprouts may take a bit longer to cook through in the center, and it might help to reduce the temperature by 25°F or so to avoid burning the outside leaves.
- You can air fry Brussels sprouts with any oil you'd like. For example, olive oil, avocado oil, sesame oil etc...
- Don't skip shaking the basket/stirring the veggies when they're cooking to ensure they cook evenly.
- Can store in fridge for up to four days.

Variations:

- Add a sprinkle of nuts or seeds to the mix, like cashews or sesame seeds.
- Substitute yukon gold or red potatoes for the sweet potatoes.



Alternative Oven Roasted Method: Arrange the sweet potatoes on a lined baking sheet. Spray with oil and toss with 1 teaspoon garlic powder. Bake for 25 minutes at 400° F, stirring after 15 minutes. Remove the pan from the oven, add the Brussels sprouts. Spray with more oil and sprinkle on the remaining teaspoon of garlic powder. Bake for another 15 to 20 minutes, stirring after 8 minutes. The veggies are ready when they're nice and browned.