

# LighterLife Management

## Week 2 Recipes:

### Steak with peppercorn sauce and butternut mash

Butternut mash is far lower in carbs and Calories than potato, but still packs pots of flavour – the perfect side to a beautifully cooked steak.

**Serves: 1**

Nutrition per serving:

329 kcal, 43g protein, 25g carbs, 7g fat, 7g fibre

#### Ingredients:

- 200g butternut squash, peeled and chopped
- 1 tbsp skimmed milk
- Freshly ground black pepper
- 150g lean rump steak
- 80g green beans
- 1 tsp white wine vinegar
- ½ tsp wholegrain mustard
- 1 tsp crushed peppercorns
- 4 tbsp low-fat, plain fromage frais

#### Method:

1. Steam or boil the butternut squash until soft (10-15 mins), then drain and mash with the milk and some black pepper.
2. Season the steak with pepper, place in a preheated non-stick pan over a high heat and cook for 2-3 mins each side for rare, 4 each side for medium and 5-6 for well done. Cover and leave to rest for a few minutes.
3. Meanwhile, steam the green beans until tender and make the peppercorn sauce by heating the vinegar, mustard and peppercorns in a non-stick pan over a gentle heat, stirring occasionally, until warmed through.
4. Remove the sauce from the heat, stir in the fromage frais and serve immediately as a topping for the steak, with the beans and mash on the side.

#### Tips:

- For a creamier texture, mash the butternut squash with a little low-fat soft cheese instead of milk..