

Grilled New York Strip and Sweet Potato Salad with Chile-Lime Dressing

This recipe serves 4 people and takes approximately 30 minutes to prepare and cook.



TIME
30 min

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INGREDIENTS

- 4 New York strip steaks (8-10 ounces each)
- 4 medium-sized sweet potatoes
- 1 tablespoon olive oil
- Salt and pepper to taste
- 1/4 cup chopped fresh cilantro
- 1/4 cup chopped red onion
- 1/4 cup chopped red bell pepper
- 1/4 cup chopped green bell pepper
- 1/4 cup chopped fresh parsley
- 1/4 cup fresh lime juice
- 2 tablespoons honey
- 1 tablespoon minced garlic
- 1 tablespoon minced jalapeno pepper
- 1 teaspoon ground cumin
- 1/4 cup olive oil

DIRECTIONS

1. Preheat your grill to medium-high heat.
2. Peel and cut the sweet potatoes into 1-inch cubes.
3. In a large bowl, toss the sweet potatoes with 1 tablespoon of olive oil, salt, and pepper.
4. Place the sweet potatoes on a grill pan and grill for 15-20 minutes, turning occasionally, until they are tender and slightly charred.
5. While the sweet potatoes are grilling, season the New York strip steaks with salt and pepper on both sides.
6. Grill the steaks for 4-5 minutes on each side for medium-rare, or longer if you prefer your steak more well-done.
7. Remove the steaks from the grill and let them rest for 5 minutes before slicing.
8. In a small bowl, whisk together the cilantro, red onion, red and green bell pepper, parsley, lime juice, honey, garlic, jalapeno pepper, cumin, and olive oil to make the Chile-Lime dressing.
9. Serve the sliced steak and grilled sweet potatoes on a bed of mixed greens and drizzle the Chile-Lime dressing on top.
10. Pro tip: For an extra kick of flavor, you can marinate the steaks in the Chile-Lime dressing for 30 minutes before grilling.

TIPS FOR SUCCESS

Make sure to let the steaks rest before slicing to allow the juices to redistribute and keep the meat tender and juicy.

If you don't have a grill pan, you can also roast the sweet potatoes in the oven at 400 degrees Fahrenheit for 20-25 minutes.

For a vegetarian option, you can substitute the steak with grilled tofu or portobello mushrooms.

If you prefer a spicier dressing, you can add more jalapeno pepper or a dash of hot sauce.

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