



Autumn Beef, Sweet Potato & Broccolini Skillet

VASHTI D'VYNE



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WELLNESS ADVICE NOW

Want dinner on the table in under 30 mins?

Applying a low histamine eating style doesn't need to be complex.

This tasty yet simple meal contains just a handful of ingredients and provides a variety of critical nutrients essential for healthy immune function.

High in protein, Vitamins A, B6 and C and Minerals Iron, Zinc and Selenium, together these essential nutrients provide energy and nutrition for growth, tissue repair and infection-fighting power.

Did you know that 1/2 cup of broccoli contains more vitamin C than 1/2 an orange?

Broccoli also contains sulphur compounds that provide many health benefits, from reducing blood sugar and cholesterol levels and preventing cellular damage from oxidative stress and chronic disease and the aging process in general.

The flavonoid antioxidants isolated from broccoli have been demonstrated across a range of human, animal and lab studies to have potent anti-inflammatory benefits, including a research trial that involved cigarette smokers.

One study conducted on mice fed a pure broccoli diet indicated reduced levels of inflammation in the bowel and healthy changes in levels of gut bacteria.

A study on 960 elderly patients revealed that eating just one serve per day of dark green vegetables like broccoli may help to prevent cognitive decline related to aging. Some animal studies have shown that pregnant mothers feed a high broccoli diet supported improved brain development of offspring, which is proposed to be due to the high folate content.

Who knew that dinner could do so much!

Make sure you portion any left overs out for a quick reheatable lunch.



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4 SERVINGS 25 MINUTES



INGREDIENTS

500 grams Extra Lean Ground Beef
1 Leeks (sliced)
1 tbsp Ginger (peeled and grated)
2 Garlic (cloves, minced)
2 Sweet Potato (medium sized, grated)
1 bunch Broccoli (chopped)
1/2 tsp Sea Salt (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	320	Calcium	179mg
Fat	13g	Iron	5mg
Carbs	20g	Vitamin D	4IU
Fiber	5g	Vitamin E	3mg
Sugar	4g	Vitamin B6	0.9mg
Protein	31g	Folate	107µg
Cholester...	81mg	Vitamin B12	2.8µg
Sodium	479mg	Magnesium	78mg
Vitamin A	14562IU	Zinc	7mg
Vitamin C	45mg	Selenium	23µg

DIRECTIONS

- 01 Heat a large skillet over medium/high heat and add the beef, leek, ginger, garlic and sweet potatoes. Cover and cook for 10-15 minutes, stirring occasionally until the beef is cooked through and the sweet potatoes are soft.
- 02 Add the broccoli and cook for about 5 more minutes or until greens are wilted and stalks are softened.
- 03 Divide into bowls. Season with sea salt and enjoy

NOTES

VEGAN AND VEGETARIAN

Skip the beef. Saute the veggies in olive oil then add soaked and cooked lentils (if going for low histamine avoid tinned, soak from dry)

NO BROCCOLINI

Use kale or asian greens like bok choy instead.

ADD FRESH HERBS FOR EXTRA FLAVOUR

Avoid adding extra sauces to this recipe and esp soy sauce if going low histamine. Instead add handfuls of fresh chopped herbs like parsley, coriander, chives, basil etc.

FOR A LOW CARB MEAL, SERVE AS IS

A small side of brown rice or quinoa could be added.

LEFTOVERS

Store leftovers in an airtight container in the fridge for up to three days.

