

Easy Air Fryer Steak and Roasted Peppers



Steak in under 20 minutes, without a BBQ and with no compromise on health? Absolutely! By using an air fryer and a carefully chosen cut of meat, this recipe delivers a low-fat, protein-rich meal. Add this to your list of quick and easy meals today!

Enjoy!

Preparation 5 min

Cooking 12 min

Servings 2

Nutrition Facts (per serving)

Calories 240

Fat 4

Carbohydrates 12

Fibre 3

Protein 36

Sodium 100

Ingredients

- 2 large bell peppers (any colour), sliced into strips
- 1 white onion, cut into half-moon slices
- 15 ml (1 tbsp) smoked paprika
- Salt and pepper, to taste

- 2 inside round steaks (French steak), about 150 g (? lb) each*
- 30 ml (2 tbsp) salt-free steak spice blend

Preparation

1. Preheat the air fryer to 400 °F (200 °C).
2. Place the peppers and onion in the basket sprayed with vegetable oil. Add the smoked paprika, salt, and pepper. Shake vigorously to coat the vegetables evenly. Cook for 4 minutes.
3. Meanwhile, rub the steaks with the spice blend.
4. Toss the vegetables in the basket and place the steaks in the centre. Continue cooking for 6 to 8 minutes, flipping the steaks halfway through.
5. Cover the steaks with aluminum foil and let them rest for 10 minutes before slicing.

Notes

For optimal tenderness, enjoy immediately. Can be stored in an airtight container in the refrigerator for up to 5 days. Do not freeze.

* Inside round is a particularly lean cut, with about 20% protein by weight. You can also choose sirloin tip or top sirloin, which are similarly lean compared to other steak cuts.



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