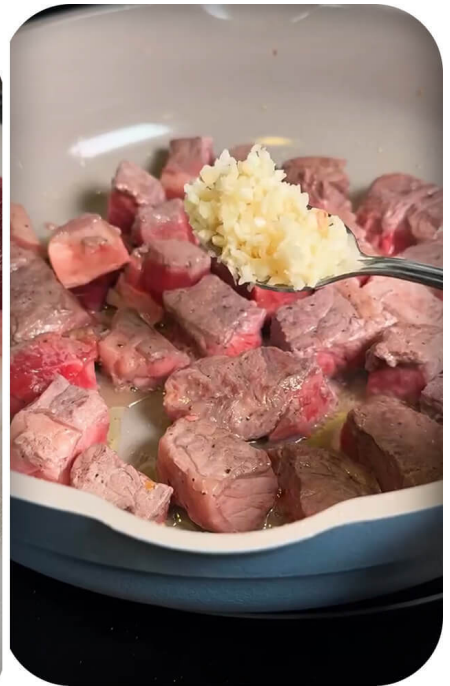


# Oyakodon (鶏卵丼) – Japanese Chicken & Egg Rice Bowl

Nothing beats a perfectly seared New York Strip Loin paired with tender, well-seasoned **stovetop sweet potatoes**. This simple yet delicious meal is perfect for a special dinner or a satisfying meal prep option.

## Ingredients:

- New York Strip Loin
- Sweet potato
- 1 tsp onion powder
- 1 tsp garlic powder
- ½ tsp cayenne pepper
- Salt (to taste)
- Pepper (to taste)
- 2 tbsp olive oil
- 2 cloves garlic, minced



# Instructions:

## 1▯▯ Prepare the Sweet Potatoes:

- Toss the cubed sweet potatoes in olive oil, onion powder, garlic powder, cayenne pepper, salt, and pepper.
- Heat a pan over medium heat and cook the sweet potatoes for 15 minutes, stirring occasionally, until golden and tender.

## 2▯▯ Sear the New York Strip Loin:

<li ""Heat a skillet over medium-high heat./lili "">Season the steak with salt and pepper on both sides. <li ""Sear for 3-4 minutes per side (or until it reaches your preferred doneness)./lili "">Add minced garlic in the last minute of cooking for an extra depth of flavour.

## 3▯▯ Serve & Enjoy:

- Plate your steak alongside the stovetop sweet potatoes.
- Drizzle with your favourite sauce—we used a chipotle cream sauce for a smoky kick.



## Why Choose Nutrafarms' Grass-Fed New York Strip Loin?

Nutrafarms' grass-fed beef is raised on local Ontario farms without antibiotics or added hormones. This results in a **naturally tender, flavourful, and nutrient-rich steak** that elevates every meal. Whether you're meal prepping or enjoying a steak night, **quality matters**—and Nutrafarms delivers just that.

[Learn more about Nutrafarms' grass-fed beef products here.](#)

## Final Thoughts

This **Juicy New York Strip Loin** recipe is a perfect balance of simplicity and gourmet flavours. The **stovetop sweet potatoes** complement the steak with their **sweet, smoky, and savoury seasoning**, making it an ideal farm-to-table meal. Whether you're cooking for a crowd or prepping for the week, this dish is guaranteed to be a hit!

Enjoy! ☐☐