



GENERAL MENU SET RECIPE OPTION

Beet salad with steak

INGREDIENTS (1 serving)

- 300g (10.6oz) beef tenderloin
- 15ml (0.5 fl. oz) olive oil
- 145g (5.1oz) raw beets, peeled and thinly sliced
- a good handful of arugula
- 50g (1.9oz) feta
- small handful of fresh dill, chopped
- 25g (0.9oz) pumpkin seeds
- 10ml (0.4 fl. oz) red wine vinegar
- Dijon mustard - optional/to taste

Raw crunchy beets may be a little messy to prepare but they are crammed full of vitamins to help us stay healthy, so get as much of it down you whenever possible.

METHOD

Heat half the olive oil in a frying pan over a high heat. When it's really, really hot carefully lay the steak in the pan. Fry for 3-4 minutes on each side for medium rare, then leave it to rest until you are ready to eat.

While the steak is cooking, grab a big bowl and mix the beets with the arugula, feta, dill and pumpkin seeds.

Now make a quick dressing by stirring together the vinegar, remaining olive oil and mustard, then pour over the salad.

Once the steak has rested, either slice it up and mix through the salad or serve it alongside.