



REST DAY MEAL

Fiery beef with tomato salsa

INGREDIENTS (1 serving)

- 290g (10.3oz) sirloin steak, trimmed of any visible fat
- 2 tsp Joe's spice mix
- 5g (0.2oz) coconut oil
- 100g (3.5oz) tomatoes, seeded and diced
- 30g (1oz) red onion, diced
- 30g (1oz) green bell peppers, diced
- 110g (3.8oz) avocado, cubed
- small handful of fresh cilantro, chopped
- ½ tsp smoked paprika
- 45g (1.6oz) sour cream
- 165g (5.8oz) green vegetables (spinach, kale, broccoli, mange tout or green beans)

This spicy beef dish will get you going, if you like things hot then go ahead and add even more spice mix. If you think it might be too spicy, don't worry, the sour cream will come to the rescue by cooling things down.

METHOD

Heat a chargrill over a high heat.

Give the beef a good rub in the spice mix and coconut oil. When the chargrill is really, really hot carefully lay the steak into 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 bowl and mix the tomatoes, red onion, green bell peppers, avocado, cilantro and paprika.

When your ready plate up your steak, pile on the salsa, a good dollop of sour cream and a portion of your favorite greens steamed, blanched or boiled.