

LUNCH

Grilled Steak Salad

INGREDIENTS

- 1 sirloin steak (can be swapped for chicken)
- Your choice of salad leaves
- Mixture of tomatoes, peppers, radishes, grated carrot etc. - anything you enjoy
- For the dressing - 1 tbsp white wine vinegar, 1 tsp mustard, 1 clove crushed garlic, 3 tbsp oil, salt and pepper

METHOD

- Grill the steak under a medium grill until cooked to your liking (normally around 8-10 minutes for medium)
- Shred and wash your salad leaves
- Chop/slice/grate your chosen salad ingredients
- For the dressing - put the vinegar, salt and pepper in a jar and shake, Add the mustard and shake again, Add the oil of your choice and shake well
- Chop the steak into bite-sized pieces
- Mix all together and toss through the dressing



EATING YOUR
WAY THROUGH
THE
MENOPAUSE