

BALSAMIC BEEF SALAD



PREP & COOK TIME

20m



SERVES

4

INGREDIENTS

- 2 tbs balsamic vinegar
- 1 tbs wholegrain mustard
- 500g lean beef
- 2 tbs freshly squeezed orange juice
- 4 cups mixed salad or baby spinach
- 420g can cannellini or butter beans
- 2 lebanese cucumbers, sliced into half moons
- 1/2 red onion, peeled and sliced
- Semi-sundried tomatoes, chopped



METHOD

1. Combine balsamic vinegar and mustard together. Pour half the mixture into a dish. Add the steak and coat with marinade. Add orange juice to remaining mixture and set aside
2. Spray large frypan with oil and place on medium-high heat. Drain steaks well, discard marinade. Cook for 3 min each side
3. Remove from heat, cover and set aside to rest for 3 min before slicing thinly
4. Place salad leaves, beans, cucumber, onion and tomatoes in a large bowl. Pour over orange juice dressing and toss to combine
5. Top with steak and serve immediately