



# Steak Salad

## You need:

- 100g steak – any type, e.g. fillet, rump (cooked to preference & sliced)
- 30g feta
- 50g spinach
- 50g Rosa tomatoes or half a tomato sliced
- 60g artichokes
- spices

## Calories/s

379

## Prep time

5 min

## Servings (s)

1

## cook time

Cook steak to your preference

## Method:

- Cook steak according to your preference
- Let cool before cutting (10 mins)
- Dice vegetables to bite size pieces
- Dice tomatoes and cheese
- Toss in a plate and enjoy

## Nutrition Facts

Serving Size	per meal
Per serve	
<b>Energy</b>	<b>1586 kj</b>
	379 kcal
<b>Protein</b>	<b>38.83g</b>
<b>Carbohydrates</b>	<b>8.34g</b>
Sugar	2.23g
<b>Fat</b>	<b>20.35g</b>
Saturated Fat	8.378g
Polyunsaturated Fat	0.805g
Monounsaturated Fat	6.295g
Cholesterol	68mg
Fiber	3.8g
Sodium	778mg
Potassium	601mg