

SallyBee



Campaigning for people to "Season with Sense"



SALLY BEE'S STEAK STRIPS WITH BROCCOLI SALAD

 **Prep:** 10 minutes

 **Cook:** 10 minutes (plus 10 for resting meat)

 **Serves:** 2

INGREDIENTS:

- Drizzle olive oil
- 200g Tenderstem broccoli
- 150g mangetout
- 2 cloves garlic, sliced
- Freshly ground black pepper
- Pinch **LoSalt**
- 2 thin minute steaks

- Sprinkle garlic powder
- 4-5 sprigs fresh rosemary
- Knob of butter

Dressing:

- 2 tbsp Greek yogurt
- Juice of ½ lemon
- Black pepper

METHOD:

1. Start by making the dressing.
2. Simply mix together the Greek yogurt, some black pepper and juice of ½ a lemon. Set aside.
3. Next blanch the vegetables for 2 minutes, drain and set aside.
4. Prepare the steak by drizzling with olive oil and rubbing in black pepper, a pinch of LoSalt and garlic powder. Repeat on both sides.
5. Drizzle olive oil into a hot non-stick pan.
6. Add the 2 sliced cloves of garlic and the blanched vegetables. Saute for 3-4 mins and then transfer to a plate.
7. Now, add a small knob of butter to the same hot pan along with the fresh rosemary sprigs.
8. Place the minute steaks on top of the rosemary and cook for a couple of minutes on each side, or until cooked to your liking.
9. Rest the meat for 10 minutes before slicing.
10. Serve the meat with the vegetable salad, at room temperature, drizzled with the yogurt dressing.