

BEEF, BEEN AND FETA SALAD

INGREDIENTS

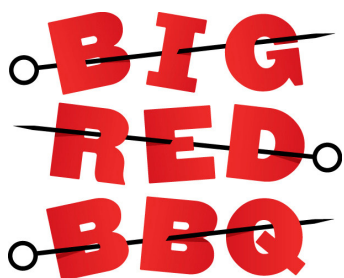
- 200g green beans, trimmed, cut into 3cm pieces olive oil cooking spray
- 400g beef scotch fillet steaks
- 2 x 400g cans cannellini beans, drained, rinsed
- 1 small red onion, thinly sliced
- 250g grape tomatoes, halved
- 50g reduced-fat feta cheese, crumbled
- ½ cup fresh flat-leaf parsley leaves
- 1 tablespoon lemon juice
- 2 teaspoons olive oil
- 2 teaspoons red wine vinegar
- lemon wedges, to serve

METHOD

1. Bring a large saucepan of water to the boil over high heat. Add green beans. Boil for 1 to 2 minutes or until just tender. Rinse under cold water. Drain. Remove to a large bowl.
2. Spray a barbecue plate or chargrill with oil. Heat over high heat. Cook beef for 3 minutes each side for medium or until cooked to your liking. Remove to a plate. Cover and set aside for 5 minutes. Thinly slice.
3. Meanwhile, add cannellini beans, onion, tomatoes, feta and parsley to green beans. Whisk lemon juice, oil and vinegar in a jug. Pour over salad. Toss gently to combine. Divide salad between plates. Top with beef. Season with pepper. Serve with lemon wedges.

Serves 4

	Per Serving (450g)	Per 100g
Energy	1710	381
Protein	42.7	9.5
Fat – Total	9.9	2.2
- Saturated	3.8	0.8
Carbohydrate - Total	31.1	6.9
- Sugars	3.8	0.9
Sodium	201	45



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