

# PEPPER STEAK with TOMATOES

## INGREDIENTS

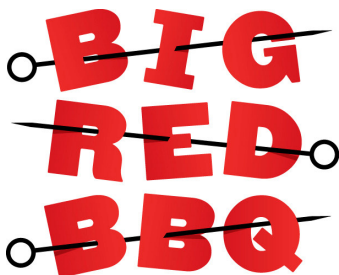
- 1 tablespoon olive oil
- 6 (approx 1kg) beef sirloin steaks, trimmed
- 2 tablespoons cracked black pepper
- olive oil cooking spray
- 500g truss cherry tomatoes
- 1 bunch rocket, trimmed
- potato salad, to serve – Nutrition analysis with out potato salad

## METHOD

1. Rub both sides' steaks with oil. Place pepper on a plate. Press steaks into pepper to lightly coat.
2. Preheat a barbecue grill on medium-high heat. Barbecue steaks for 4 to 5 minutes each side for medium or until cooked to your liking. Transfer to a plate. Cover with foil and set aside for 5 minutes to rest.
3. Meanwhile, spray tomatoes with oil. Barbecue tomatoes, turning occasionally, for 3 to 5 minutes or until just tender.
4. Arrange rocket on serving plates. Serve steaks with tomatoes and potato salad.

Serves 4

	Per Serving (292g)	Per 100g
Energy	1302	446
Protein	35.5	12.2
Fat – Total	16.8	5.8
- Saturated	5.4	1.8
Carbohydrate - Total	3.2	1.1
- Sugars	3	1
Sodium	103	35



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