



SERVES: 4

SPAR 

BETTER CHOICES

Eat well, Live better

PREPARATION TIME: 15 minutes

COOKING TIME: 30 minutes

INGREDIENTS:

- 1 large red onion
- 2 Tablespoons apple cider vinegar
- 750g baby potatoes
- 400g sirloin steak
- 125g green beans, trimmed and cut into thirds
- 1 small pack rocket leaves
- 1 avocado, sliced

DRESSING:

- 2 Tablespoons Olive oil
- 1 Tablespoon Balsamic vinegar
- 1 teaspoon honey, melted in 1 Tablespoon hot water

METHOD:

1. Slice onion thinly and place in a bowl with the apple cider vinegar. Allow to stand for 15 minutes.
2. In the meantime, boil the baby potatoes with skin on until soft, about 30 minutes. Drain water and cool, or serve warm if desired.
3. In a pot, boil the green beans for only a minute so they are still crisp. Drain & cool.
4. In a non-stick pan, cook steak to medium rare, or according to preference. Remove from pan and slice thinly.
5. Mix dressing ingredients with the vinegar from onions
6. Arrange all ingredients on a platter and pour dressing over.

ENJOY!

TIP!

If desired, add cherry tomatoes and sliced yellow pepper for extra colour and nutrients!