



Grilled steak with peach salad & romesco sauce

Ingredients: (Serves 4)

1 tablespoon olive oil
2x 200g beef steaks (eg. scotch fillet, porterhouse)
pinch of salt
1 zucchini, shaved into ribbons using a vegetable peeler
2 yellow peaches, thinly sliced
2 cups handful rocket
½ red onion, thinly sliced
½ bunch of flat leaf parsley, leaves picked
2 tablespoons roasted almonds, roughly chopped
80g feta, crumbled
2 tablespoons red wine vinegar

For the romesco sauce:

2 red capsicums
⅓ cup roasted almonds
1 garlic clove
2 teaspoons smoked paprika
2 tablespoons red wine vinegar
2 tablespoons olive oil

Method:

1. Preheat oven to 240°C (fan-forced). Place capsicums on a lined baking tray. Roast for 20-30 minutes or until skin is blackened. Transfer to a bowl and cover with clingfilm. Once cool enough to handle, remove and discard the skin, core and seeds. Place capsicum flesh and remaining romesco sauce ingredients in a small food processor. Blitz until smooth, then season with a pinch of salt. Set aside.
2. Heat oil in a large frying pan over medium-high heat. Cook steaks for 3-4 minutes each side or until golden brown and done to your liking. Remove steaks from the pan and set aside to rest before slicing. Season with a pinch of salt.
3. Combine zucchini, peach, rocket, red onion, parsley leaves, almonds, feta and vinegar in a large bowl. Toss to coat.
4. To serve, divide romesco between plates and top with sliced steak and peach salad.

Nutrition Information: (Per serve)

Energy: 2130kJ (509cal)
Protein: 32.7g
Fat: 33.9g
Carbohydrate: 13.8g

Sodium: 366mg
Saturated Fat: 8.4g
Sugars: 13.5g

Fibre: 7.7g