



GREEK BEEF SALAD

2 portions

INGREDIENTS

- 200 grams of lean beef steak, raw, cut into strips
- 1 tomato, chopped [123 g]
- 1 cup of cucumber, chopped [104 g]
- 1/3 red onion, sliced [45 g]
- 60 grams of c feta
- 3 cups shredded of mixed lettuce, [141 g]
- 20 grams of kalamata olives
- 1 tsp of coconut oil [5 g]
- 1 clove of garlic, crushed [3 g]
- 2 tsps of dried mixed herbs [2 g]
- 2 tbsps of vinegar, balsamic [32 g]
- 1 tbsp of olive oil, [14 g]

COOKING METHOD

- 1° Heat coconut oil in a non-stick fry pan over medium heat and cook the beef strips with mixed herbs, garlic, and black pepper for 3-4 minutes on each side or until its cooked in the center. Once cooked set aside
- 2° In a separate bowl combine the lettuce, tomato, cucumber, onion, feta and olives in a bowl. Add the beef strips on top
- 3° Separately combine the dressing ingredients in a small jar and pour over the salad
- 4° Divide the salad into two meals. Dish one serving of the Greek-style beef salad and refrigerate the second meal for tomorrow's leftover

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (374 g)	% DRI
ENERGY	105 kcal	391 kcal	20 %
FAT	7 g	24 g	37 %
FATTY ACIDS, TOTAL SATURATED	3 g	10 g	49 %
CHOLESTEROL	26 mg	96 mg	32 %
SODIUM	155 mg	578 mg	24 %
CARBOHYDRATE	4 g	14 g	5 %
SUGARS	2 g	7 g	—
FIBER	1 g	3 g	13 %
PROTEIN	8 g	28 g	—