



## STICKY BBQ BEEF WITH SLAW

🕒 15 minutes

🕒 35 minutes

🍴 2 portions

### INGREDIENTS

- 1 tbsp of honey (21 g)
- 2 tsps of soy sauce made from soy (tamari) (12 g)
- 50 grams of passata
- 1 clove of garlic, crushed (3 g)
- 1 tsp of paprika (2 g)
- 300 grams of lean beef fillets
- 1 tsp of olive oil
- 120 grams of red cabbage, finely shredded
- 120 grams of snow peas, trimmed & finely shredded
- 2 spring onions, trimmed & finely shredded (50 g)
- 1/4 cup chopped of parsley, fresh (15 g)
- 10 grams of lemon juice, raw
- 20 grams of yoghurt, Greek, plain, nonfat

### COOKING METHOD

- 1° Place passata, honey, soy sauce, garlic and paprika in a shallow glass or ceramic dish. Add steaks and turn to coat. Cover and refrigerate for at least 30 minutes.
- 2° Preheat a chargrill pan over high heat. Drain steaks of excess marinade and spray both sides with oil. Cook for 2-3 minutes each side for medium or until cooked to your liking. Transfer to a plate, cover loosely with foil and rest for 3 minutes.
- 3° Meanwhile, place cabbage, snow peas, shallots and parsley in a medium bowl. Add yoghurt and lemon juice, toss to combine. Serve steaks with slaw.
- 4° NOTE: Tomato passata is a tomato sauce available in jars in the sauce section of the supermarket.
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### NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (364 g)	% DRI
ENERGY	98 kcal	357 kcal	18 %
FAT	4 g	15 g	23 %
FATTY ACIDS, TOTAL SATURATED	1 g	4 g	22 %
CHOLESTEROL	23 mg	83 mg	28 %
SODIUM	139 mg	504 mg	21 %
CARBOHYDRATE	6 g	22 g	7 %
SUGARS	4 g	15 g	—
FIBER	1 g	5 g	18 %
PROTEIN	10 g	37 g	—