

Asparagus, beef, tomato & rocket salad



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Preparation: about 20 minutes

Cooking: about 15 minutes

Serves: 4

750g thick beef rump steak, trimmed
1 tbs olive oil
Salt and ground black pepper
2 bunches asparagus, trimmed
Olive oil cooking spray
1 small bunch rocket, trimmed
200g grape tomatoes, halved lengthways

Honey mustard dressing

1 tbs white balsamic vinegar
2 tsp honey
2 tsp Dijon mustard
2 tbs extra virgin olive oil

1. To make honey mustard dressing, place ingredients in a screw-top jar. Season with salt and pepper. Shake to combine. Set aside.
2. Preheat a greased char-grill or barbecue over medium high heat. Brush steak with oil and season with salt and pepper. Char-grill or barbecue steak for 4–5 minutes on each side (for medium) or until cooked to your liking. Transfer to a plate, cover and set aside.
3. Meanwhile, spray asparagus with oil and char-grill or barbecue, turning often, for 2–3 minutes until just tender. Transfer to a plate.
4. Cut steak across the grain into 1cm-thick slices. Arrange rocket, asparagus, steak and tomatoes on a serving platter or plates. Drizzle with dressing and serve.



Asparagus

- One of the best sources of natural folate. This B complex vitamin is important throughout life for heart health.
- A source of vitamin C which functions in the body as an antioxidant, helping to prevent damage to body tissues.

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