

Green bean, spinach & beef salad



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Preparation: about 15 minutes

Cooking: about 12 minutes

Serves: 4

700 g thick rump steak, trimmed
1 tbs olive oil
Salt and ground black pepper
200g green beans, trimmed
100g baby spinach leaves
250g grape tomatoes, halved lengthways

Horseradish mayonnaise

¼ cup whole egg mayonnaise
2 tbs horseradish cream
1 tsp lemon juice
Salt and ground black pepper

1. To make horseradish mayonnaise, combine ingredients in a bowl. Stir to combine. Set aside.
2. Preheat a 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 each side (for medium rare) or until cooked to your liking. Transfer to a plate, cover and set aside.
3. Meanwhile, cook beans in a small saucepan of boiling water for 2–3 minutes until almost tender. Drain, refresh in cold water and pat dry with paper towel. Arrange spinach, beans and tomatoes on serving plates.
4. Cut steak across the grain into 1-cm thick slices. Arrange steak on serving plates, drizzle with horseradish mayonnaise and serve.



Green beans

- Provide some iron, which is especially important for those who choose a vegetarian diet. Iron is needed for making red blood cells, which carry oxygen throughout the body.
- An excellent source of vitamin C, which is best preserved if green beans are steamed, stir-fried or cooked briefly in the microwave.