

Potato & tomato medley salad with steaks

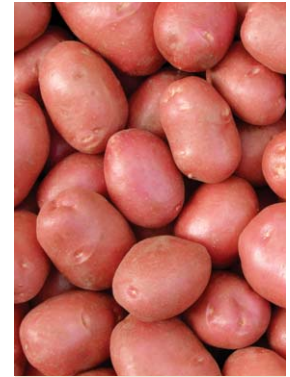


Potato & tomato medley salad with steaks

Preparation: about 30 minutes
Cooking: about 25 minutes
Serves: 4

250g small new potatoes, washed and halved
400g tomato medley (includes cherry, mini roma, grape and kumatoes), roughly chopped
1 cup flat leaf parsley leaves, chopped
2 tbs extra virgin olive oil
2 tsp white balsamic vinegar
Salt and ground black pepper
4 thick (about 200g each) beef sirloin steaks
olive oil cooking spray

1. Gently boil potatoes in a medium saucepan of water over medium- high heat for 10 minutes or until just tender. Drain and refresh in cold water. Pat dry. Place into a medium bowl. Add tomatoes, parsley, oil and vinegar. Season with salt and pepper to taste. Toss to combine and set aside.
2. Preheat a barbecue or char-grill over medium high heat. Spray steaks with oil and season with salt and pepper. Barbecue or char-grill steaks for 4-5 minutes on each side (for medium rare) or until cooked to your liking. Transfer to a plate, cover with foil and rest for 5 minutes. Thickly slice steaks and serve with potato and tomato salad.



Potatoes

- A reliable source of vitamin C, the vitamin that helps protect the body against infection.
- Provide dietary fibre in the skin and the flesh.
- The skin of potatoes helps retain vitamins during cooking.