

Summer Beef Salad

Serves 4

- 1 Thick cut rump steak, about 350g trimmed of fat
- 100 g radishes, sliced
- ½ Medium red onion sliced thinly
- ¼ tsp dried mixed herbs
- 1/2 tsp salt
- 2 tbsp nut oil (groundnut)
- 1 tbsp balsamic vinegar
- 4 sticks of celery, sliced diagonal
- 125g bag of rocket or mixed lettuce
- 2 tsp olive oil
- 1 tsp whole grain mustard



1. **Soak the onion and radishes** Stir the salt into a bowl of cold water until dissolved. Add the onion and radish slices and leave to soak while cooking the steak. (This will take away some of the heat and 'sharpness' and prevent the radishes from discolouring.

2. **Cook the steak** Heat a ridged griddle or a non-stick frying pan until hot. Pat the steak dry with kitchen paper. Rub the steak both sides with 2tsp of the olive oil, then season with the herbs and some ground black pepper. Cook the steak 2½ - 3½ minutes on each side, depending on whether you like medium rare or medium. Transfer the steak to a board and leave to 'rest' for a few minutes.

3. **Make dressing and slice the steak** Whisk the remaining olive oil, the nut oil, whole grain mustard and vinegar together. Cut the steak into slices about 5mm thick.

4. **Prepare the salad** Drain the onion and radishes well, put into a large bowl, then add the dressing with the celery and sliced beef. Gently toss everything together. Divide the rocket or salad leaves among individual plates, then spoon over the beef mixture.

Swap For rocket or mixed leaves, use chicory leaves and thinly sliced fennel. For the radish use sliced apple.

Approximate nutrition information per serving: 207 calories, 12g fat, 4g net carbs, 20g protein