

BBQ Steak and Peach Salad

CAL: 461 PROTEIN: 32 CARBS: 18 FIBRE: 7 FAT: 29



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SERVES:

2



TIME:

20 minutes



INGREDIENTS

200g porterhouse steak

2 tsp butter

2 peaches, sliced

250g mangetout

60g feta

200g argula

Drizzle balsamic glaze

INSTRUCTIONS

Preheat char grill over medium-high heat. Rub steaks with butter and season with salt and pepper.

Cook for 3 minutes on each side, or depending on your preference you may want to increase or decrease cooking time.

Wrap the steak in foil and set aside.

Next cook the peaches and mangetout for about 3-4 minutes, or until charred lines start to appear.

Divide argula on to two plates, top with sliced steak, peaches, mangetout and crumbled feta. Finally, drizzle with a little balsamic glaze.

MACROS

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