



Seared Beef with Kale & Beetroot

Serves 2

Preparation time: 10 minutes + marinating time

Cooking time: 10 minutes

- 3 tsp horseradish sauce
- 2 tsp wholegrain mustard
- 1 tsp honey
- 2 tbsp Worcestershire sauce
- 2 sirloin steaks (400g)
- 200g shredded kale
- 2 cooked beetroot, coarsely grated

Method:

Mix together 1 tsp horseradish sauce, 1 tsp mustard, the honey and 1 tbsp Worcestershire sauce and pour over the steaks and leave to marinate for 30 minutes. Remove from the marinades and griddle for 2-3 minutes on each side.

Meanwhile, steam the kale for 4 minutes. Mix the remaining horseradish sauce, mustard and Worcestershire sauce in a large frying pan and add the kale and beetroot, stir well to combine.

Divide the kale mixture between 2 plates and top with the steaks.

Nutritional information:

- 357kcal
- 52g protein
- 12g fat (of which 4g saturated fat)
- 11g carbohydrate (of which 10g sugars)
- 1.3g salt
- 4.5g fibre