

GINGER STEAK & QUINOA LETTUCE CUPS

INGREDIENTS

1 GARLIC CLOVE	2 LITTLE GEM LETTUCES
2 SPRING ONIONS	70G QUINOA
1 RED PEPPER	25ML HONEY
1 CARROT	15ML SOY SAUCE
15ML SESAME OIL	15ML RICE WINE VINEGAR
2 X 150G RUMP STEAK	15G GINGER

HOW TO MAKE

- LET THE STEAK GET TO ROOM TEMPERATURE, PAT DRY WITH KITCHEN PAPER AND RUB THEM WITH 1/2 TABLESPOON OIL AND SEASON WITH A GENEROUS PINCH OF SALT.
- RINSE THE QUINOA IN A SIEVE UNDER COLD WATER, THEN ADD TO A POT WITH A LID WITH 180ML COLD WATER AND BRING TO THE BOIL OVER A HIGH HEAT. ONCE BOILING REDUCE THE HEAT TO LOW AND COOK, COVERED FOR 18-20 MINUTES OR UNTIL ALL THE WATER HAS BEEN ABSORBED AND THE QUINOA IS TENDER. REMOVE FROM THE HEAT AND LEAVE TO STEAM- DRY UNCOVERED UNTIL SERVING
- HEAT A LARGE DRY PAN OVER A HIGH HEAT, ONCE HOT ADD THE STEAKS TO THE PAN. FOR RARE COOK FOR 2 MIN EACH SIDE, FOR MEDIUM RARE 2-3 MINS EACH SIDE, FOR MEDIUM COOK FOR 3-4 MIN ON EACH SIDE.
- ONCE THE STEAKS ARE COOKED TO YOUR LIKING TRANSFER THEM TO A CHOPPING BOARD AND LEAVE TO REST.
- USE A PEELER TO CREATE RIBBONS FROM THE CARROT, FINELY SLICE THE PEPPER AND SPRING ONION.
- SEPARATE 12 OUTER GEM LETTUCE LEAVES, WASH AND PAT DRY AND THEN SHRED THE INNER CORES.
- FOR THE DRESSING GRATE THE GINGER AND GARLIC (OR FINELY CHOP) COMBINE WITH THE SOY SAUCE, RICE VINEGAR, HONEY, SESAME OIL AND 1 TBSP OF OLIVE OR VEGETABLE OIL.
- ADD THE VEGETABLES AND DRESSING TO THE QUINOA AND GIVE A GOOD MIX.
- DIVIDE THE QUINOA IN THE LETTUCE CUPS, TOP WITH THE SLICED STEAK

SERVINGS 2

NUTRITIONAL INFO

CALORIES 543 KCAL | FAT 25G | CARBS 39G | PROTEIN 41G