

Healthy Garlic Steak Salad Recipe

Prep time: 10 mins

Cooking time: 25 mins

Ingredients

Tarragon dressing

- 60 ml mayonnaise or vegan mayonnaise
- 1 ½ tbsp water
- ¼ tbsp dried tarragon
- ¼ tbsp Dijon mustard
- ¾ garlic clove, pressed

Salad

- 170g leafy greens

- 170g cherry tomatoes
- 150g avocado
- 130g cucumber

Garlic steak bites

- 650g steak, cut into 2.5cm pieces
- 1 ½ tbsp ghee or butter
- 2 ¼ garlic cloves, finely chopped

Method:

- Whisk together the dressing ingredients in a bowl and refrigerate.
- Heat up a large frying pan on high heat. Add the ghee or butter.
- When melted, add the meat and season generously with salt and ground black pepper.
- When the meat starts to get some color, add the garlic and mix it around.
- Fry just until the meat is browned on all sides. You don't want to overcook it, then the meat will get chewy.
- Top the salad with the steak bites, garlic, and meat drippings from the pan. Drizzle the dressing on top or serve it on the side.



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