

STEAK WITH MUSTARD SAUCE

2 persons / 552 kcal per person

Ingredients:

- 450 grams of mini potatoes
- ½ tablespoon of oil
- 15 grams of unsalted butter
- 2 steaks
- ½ bag of mixed lettuce
- ½ tablespoon of balsamic vinegar
- 4 salad onions
- 50 grams of Dijonnaise
- pepper and salt



Preparation:

Mix the baby potatoes with the oil and heat it in the airfryer at 175 °C for 16 minutes. Meanwhile, sprinkle steak with salt and pepper. Mix lettuce with balsamic vinegar. In a frying pan, heat the butter and fry the steak in medium for about 6 minutes. Chop half of the onion salad and stir in Dijonnaise. Serve steak with Dijonnaise, baby potatoes and lettuce. Garnish with salad onion.

Nutritional value per portion:

Energy:	552 kcal
Protein:	29.3 grams
Carbohydrates:	55.0 grams
- including sugars:	6.7 grams
Fat:	17.0 grams
Fiber:	4,5 grams
Salt:	2.7 grams