

GERMAN STEAK WITH FRIED ROCKET SALAD

2 persons / 449 kcal per serving

Ingredients:

- 2 German steaks
- 2 tablespoons of oil
- ½ clove of garlic
- 6 grams of basil
- 85 grams of rocket salad
- 1 tablespoon of balsamic vinegar
- 4 casino bread slices
- pepper and salt



Preparation:

Chop the garlic and basil. Heat 1 tablespoon of oil and fry the German steaks medium and brown on the outside in 5 minutes per side, turning regularly. Take out of the pan and keep warm under aluminum foil. Add the rest of the oil and fry the garlic for 30 seconds. Stir in the basil and rocket salad and heat for 1 minute. Stir in the balsamic vinegar and further season with salt and pepper. Serve immediately together with the German steak and 2 slices of casino white.

Nutritional value per portion:

Energy:	449 kcal
Protein:	31.8 grams
Carbohydrates:	38.3 grams
- including sugars:	2.5 grams
Fat:	17.9 grams
Fiber:	2.1 grams
Salt:	2.9 grams