

GRILLED STEAK WITH SPICY TOMATO SALSA AND GREEN BEANS

2 persons / 540 kcal per serving

Ingredients:

- 150 grams pandan rice
- 2 steaks
- ½ tablespoon oil
- 2 tablespoons sweet chili sauce
- 3 vine tomatoes
- ¼ lime (scrubbed clean)
- 3 grams fresh coriander
- 200 grams fresh green beans
- pepper and salt



Preparation:

Brush the steaks with the oil and ½ tablespoon of chili sauce and allow the meat to come to room temperature until use. Cook the rice according to package directions. Drain, return to the pan and leave with the lid on the pan until use. In a pan, bring a layer of water to a boil. Cut the tomatoes crosswise and immerse them in the boiling water for 10 seconds. Carefully remove the tomatoes from the boiling water and rinse cold. Cut the tomatoes into quarters, remove the seeds and cut the flesh into pieces. Mix the tomato pieces with the rest of the chili sauce. Grate the green zest of the lime and squeeze the fruit. Coarsely chop the coriander. Add the grater, 1 tablespoon of juice and the coriander to the tomato salsa. Season the salsa with salt and pepper. Cook the green beans until al dente in 12 minutes. Heat the grill pan over high heat and grill the steaks for 4-6 min. Turn halfway through. Remove from the pan and let the meat rest for 5 minutes under a lid or aluminum foil. Serve the steaks with the salsa, rice and green beans.

Nutritional value per portion:

Energy:	540 kcal
Protein:	43.1 grams
Carbohydrates:	72.1 grams
- including sugars:	9.8 grams
Fat:	7.5 grams
Fiber:	5.8 grams
Salt:	1.1 grams