

# Sirloin Steak with Apple, Walnut and Feta Salad

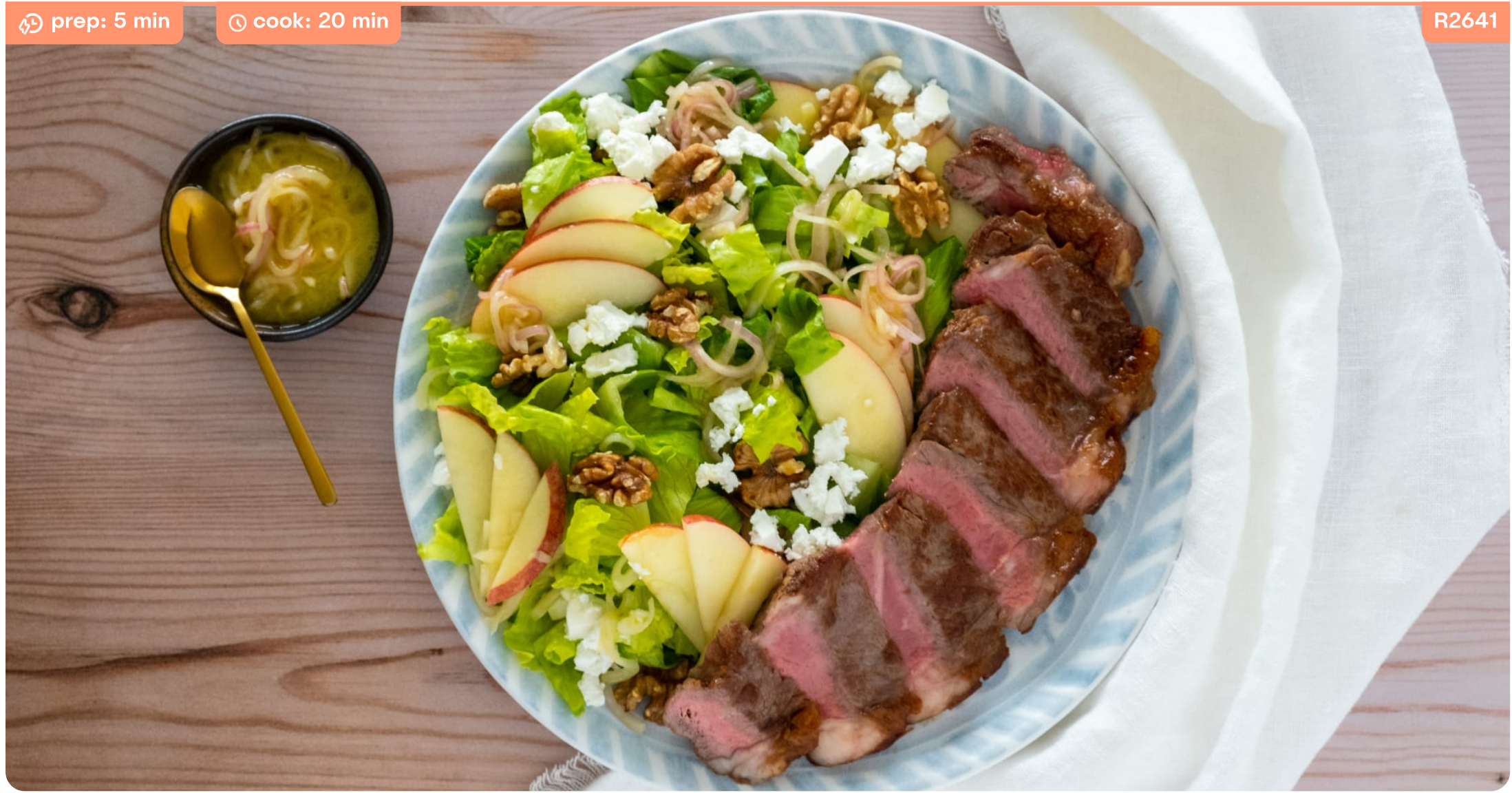
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We can hardly think of a better dinner than steak and salad!

Cals 641 • Prot 47 • Carbs 22 • Fat 41

Quick Prep

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Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Steaks	2 ppl	3 ppl	4 ppl	
Sirloin steak	400	600	800	Grams
Vegetable oil	1	2	2	Tbsp
Salt	0.5	1	1	Tsp
Black pepper	0.5	1	1	Tsp
Salad				
Romaine lettuce	200	300	400	Grams
Red apple	1	2	2	Piece
Walnuts 2*	30	45	60	Grams
Feta cheese 4*	50	75	100	Grams
Dressing				
Onion powder	2	2	4	Grams
Olive oil	2	3	4	Tbsp
White balsamic vinegar 14*	15	22	30	ML
Dijon mustard 13*	6	9	12	Grams
Honey	15	15	30	Grams
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	0.5	Tsp

Allergens

\*2 Tree Nuts, \*4 Milk, \*14 Sulphur Dioxide, \*13 Mustard

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide and Celery.**

Nutritional information Per Serving\*

Energy (kJ/kcal)	2682 / 641
Fat (g)	40.8
of which saturates (g)	13.7
Carbohydrate (g)	22
of which sugars (g)	14.7
Fiber (g)	4.5
Protein (g)	47.3
Salt (g)	2.7

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Remove the **steaks** from the fridge 20-30 min prior to cooking. This will allow them to reach room temperature. Roughly chop the **Romaine lettuce**. Halve the **apples**, remove the stem and core and slice them thinly.



2 Mix dressing

Add the **olive oil, onion powder, white balsamic vinegar, Dijon mustard, honey, salt and pepper**. Whisk and set aside – this is your **dressing**.



3 Toast walnuts

Lightly toast the **walnuts** in a hot, dry pan. Transfer them to a chopping board to cool. Wipe the pan and reserve.



4 Fry steaks

Pat the **steaks** dry with kitchen paper. Return the pan with a drizzle of **oil** over a high heat. Once hot, add the **steaks**. Fry for 2-4 min on each side or until cooked to your liking. Transfer the **steaks** to a plate and leave them to rest for 5-10 min. Once rested, season generously with **salt** and **pepper**.

**Tip!** The resting of the steak is as important as the frying of the steak. It sets the meat's juices and allows the fibers to relax, leaving the end result more tender and your plate less messy.



5 Serve

Toss the **Romaine lettuce, apples** and **walnuts** in the **dressing**. Crumble the **feta cheese** over the top. Divide the **salad** among plates. Slice the rested **steaks** finely and serve it over the **salad**.