



### Tips For Fussy Eaters

Serve their steak without the sauce, but with mashed potatoes instead.

### Pro 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.

*Steak and salad is a classic for a reason!*

**Cooking Time: 20 min | Gluten-Free | Dairy-Free**  
**Cals 408 | Prot 48 | Carbs 17 | Fat 17**



## Ingredients

For 2 For 3 For 4

### Steaks

Rump steak	400	600	800	Grams
Dijon mustard	6	9	12	Grams
Honey	15	15	30	Grams
Apple cider vinegar	15	22	30	ML
Olive oil	2	3	4	Tbsp
Salt	1	2	2	Tsp
Black pepper	1	1	2	Tsp

### Salad

Romaine lettuce	200	300	400	Grams
Cucumber	1	2	2	Pieces
Cherry tomatoes	150	250	300	Grams
Sunflower seeds	20	30	40	Grams
Olive oil	2	3	4	Tbsp
Balsamic vinegar	15	22	30	ML
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp



### 1 Prep steaks

Remove the steaks from the fridge 20-30 min prior to cooking. This will allow them to reach room temperature. In a small bowl, combine the **Dijon mustard, honey** and **apple cider vinegar**. Mix well and set aside.



### 2 Prep salad

Wash and chop the **Romaine lettuce** and **cucumber**. Halve the **cherry tomatoes**. Toast the **sunflower seeds** in a hot, dry pan for 2 min until lightly browned. Transfer to a plate and set aside, reserve the pan.



### 3 Start steaks

Pat the steaks dry with kitchen paper. Return the pan to a high heat with a drizzle of **oil**. Once hot, add the steaks and fry them for 2-3 min on each side or until cooked to your liking.



### 4 Finish steaks

Add the **mustard** and **honey** mixture to the pan and cook for 30 sec further or until the sauce has reduced. Transfer the steaks to a plate and leave them to rest for 5-10 min. Spoon the sauce from the pan over the steaks. Season the steaks generously with **salt** and **pepper**.



### 5 Salad

In a salad bowl, toss the **Romaine lettuce, cucumber** and **tomatoes** with the toasted **sunflower seeds**. Once ready to serve, drizzle with the **olive oil** and **balsamic vinegar**. Season with **salt** and **pepper**.



### 6 Serve

Divide the **salad** among plates. Slice the rested steaks and serve alongside.



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