

Steak salad with avocado, beans and feta cheese



Preparation

1. Mix all of the dressing ingredients, except for the oil, until smooth; then pour the oil in a small stream while slowly shaking. Finally, blend until everything is well mixed.
2. Heat 2 tablespoons of oil in a frying pan, add the steaks and fry on each side for 3 minutes. Remove from the heat, sprinkle with salt and pepper, and cover or wrap in foil to let rest for 5-10 minutes.
3. While the meat is resting, tear the washed lettuce leaves, stir in the washed beans, tomato halves, cheese and seeds. Place the salad on the serving plates. Cut the avocado in half, remove the seed, peel and cut into strips, and put a few slices on the plates. Slice the lime and put a couple of slices on the plate. Then sprinkle with the prepared sauce on top and finish with the thinly sliced steak.

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INGREDIENTS

440 g.	KITCHEN me fresh matured "BLACK ANGUS" beef steak
According to taste	Salt
According to taste	Pepper
2 tbsp	Olive oil
3 heads	Romaine lettuce
1 can	Red beans
A handful	Cherry tomatoes
½ cup	Feta cheese
1	Lime
1	Avocado
2 tbsp	mixed seeds (sunflower seeds, pumpkin seeds and pine nuts)
Bunch	Coriander
Several	Spring onions
	For the dressing:
1 clove	Garlic
½ tsp	Sugar

½ tsp	Lime peel
According to taste	Salt
According to taste	Pepper
¼ cup	Lime juice
¼ cup	Olive oil

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