



## Beef and Quinoa Salad with Baby Gem & Peppers

This is a great salad full of crispy baby gem lettuce and vibrant red pepper. Some salads can leave you feeling a little hungry, but not this one! Packed full of quinoa, which is high in protein and amino acids, this is the ideal dinner salad. Served alongside simply cooked Irish Striploin this dish is quick, healthy and delicious. A perfect weeknight dinner.

### Nutritional Info

Calories: 507 kcal  
Carbohydrates: 46 g  
Protein: 50 g  
Fat: 13 g

### Ingredients

- Sirloin Steak
- Baby Gem Lettuce
- Peppers
- Shallot
- Quinoa
- Vegetable Stock Cube
- Dressing Mix
  - Rapeseed Oil
  - Balsamic Vinegar

### Your Pantry

- Olive Oil
- Salt & Pepper

### Allergens

Celery (Stock Cube)  
Sulphur Dioxide (Balsamic Vinegar)


Stock Cube may contain traces of Egg, Soya & Mustard

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



## METHOD

*Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.*



### 1) Cook the quinoa

Make the stock up to 500ml *per cube*. Cook the quinoa in 200 ml (per person) of stock for 12 minutes, then switch off the heat, cover with a lid, and leave to sit for a further 10 minutes.

### 2) Prepare the salad

Slice the pepper and really thinly slice the shallot lengthways.

### 3) Fry the steak

Once the quinoa is cooked season the steak with salt & pepper and fry in a hot pan with a drop of oil for 1-2 minutes on each side. Remove the steak and rest.

### 4) Finish the dish

In the same pan add the peppers and cook over a high heat.

Slice the steak and mix it in with the peppers . Remove from the heat.

Toss the steak and peppers with the quinoa, raw shallots and the baby gem leaves.

### 5) Plate the dish

Serve everything on one plate and drizzle with dressing to taste.

