

## **Chargrilled Steak Sandwich**

RECIPE NAME

Lunch

**MEAL TIME** 

10 minutes

PREP TIME

20 minutes

TIME TO COOK

Steak is a personal preference to most people - cook how you like and enjoy this delicious sandwich.

**NOTES** 

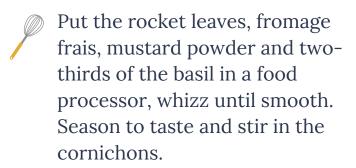
Approx 444 kcal

**CALORIES** 

## **INGREDIENTS**

- ★ A handful of Rocket Leaves
- ★ 2tbsp fat-free natural Fromage Frais
- ★ 1/4 tsp Mustard Powder
- ★ A handful of Fresh Basil
- ★ Salt and Pepper
- ★ 3 Cornichons, finely chopped
- ★ 60g wholemeal roll
- Around 150g of Beef Steak, visible fat removed
- ★ 1 sliced Tomato
- ★ Low-Calorie Cooking Spray

## **METHOD**



Place a large griddle pan over a high heat and toast the roll for 1-2 minutes each side, until lightly charred.

Spray the steak and tomato with a little low-calorie cooking spray, season to taste and cook to your liking. Rest the steak for a few minutes before slicing and placing in the roll.

Fill the roll with lettuce, steak and tomato and spoon over the rocket sauce.