

Lunch

RECIPE CARD

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



Put the rocket leaves, fromage frais, mustard powder and two-thirds of the basil in a food processor, whizz until smooth. Season to taste and stir in the cornichons.



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.