



Summer salad with beef hip steak

Ingredients

Serves 4

For the salad

- 1 roman salad heart
- 100 g rocket salad
- 100 g spinach
- 15 g parsley
- 10 g mint
- 1/2 bunch of radishes
- 1/2 Fennel
- 100 g blackberries

- 100 g feta cheese

For the dressing

- 1 tbsp honey
- 1 lemon
- 80 ml olive oil
- 1 tsp mustard
- 1 small shallot
- salt, pepper

For the beef

- 320 g beef hip steak
- salt, pepper

Preparation

For the salad, wash the romaine lettuce, rocket and spinach. Pluck parsley and mint from the twigs. Slice radishes, clean fennel and cut into thin strips. Wash and sort blackberries, cut feta into cubes. For the dressing, grate the zest of the lemon and squeeze the juice. Peel the shallot and chop very finely. Mix lemon juice and zest with honey, shallot, olive oil and mustard and season with salt and pepper.

Remove beef steak from the refrigerator 2 hours before grilling. Preheat the grill. Grill meat at direct high heat (approx. 250-280 °C) for 3-5 minutes. Turn meat and grill for another 3-5 minutes. To serve the meat medium, it should reach a core temperature of 55-58 degrees. Remove beef steak from the heat and let it rest for 10 minutes before cutting.

Mix all ingredients for the salad together with the dressing and serve with beef strips.



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Preparation time: 30 minutes

Nutrition per serving:

429 kcal

10.2 g carbs

30,3 g protein

28,7 g fat