

SCOTCH FILLET WITH PASSION FRUIT REDUCTION

- GF, SF, SOYF, NF, EF, PA

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INGREDIENTS

150g Scotch fillet, cut into a circle shape
 60g of mix lettuce
 10g of shallots, chopped
 1 Passion fruit, pulp
 Salt
 Black pepper
 30ml of water
 10ml of natural honey

SERVES 1

NUTRITION INFO

CALORIES

332

TOTAL FAT

15.8g

SAT. FAT

3.1g

SODIUM

520mg

TOTAL CARBS

8.9g

FIBRE

3.1g

SUGARS

9.7g

PROTIEN

50.2g

METHOD

- 1 Cook the Scott fillet in a hot pan the way you like. (rare, medium, well done).
- 2 Put the Passion fruit pulp in a sauce pan with 30ml of water, and 10ml of honey, let that reduce for 30min, or until the seeds are crisp.
- 3 On a plate put the mix Lettuce, the scotch fillet on top, a dash of the chopped shallots and finally drizzle the passion fruit sauce on top.
- 4 Its simple to do and has a great deal of flavour.

TIP:

If you want you can replace the mix lettuce for sweet potato mash.