

## CHARGRILLED CHILLI BEEF AND AVOCADO

- SOYF, GF, SF, EF, NF

36

### INGREDIENTS

- 4 x 150g lean rump steaks
- 1 garlic clove, crushed
- 1/3 cup (80ml) red wine
- 1 tsp. dried chilli flakes
- 2 small avocados (about 200g each), flesh sliced
- 1/2 cup small basil leaves
- 1 Lebanese cucumber, chopped
- 1 small red onion, thinly sliced
- 1 tsp. olive oil
- 1 1/2 tbsp. red wine vinegar

SERVES 4

### NUTRITION INFO

**CALORIES**

428

**TOTAL FAT**

22.2g

**SAT. FAT**

6g

**SODIUM**

110mg

**TOTAL CARBS**

3g

**FIBRE**

2.5g

**SUGARS**

3g

**PROTIEN**

49g

### METHOD

- 1 Combine the steaks garlic, red wine and chilli flakes in a large bowl. Toss to coat, then cover and refrigerate for 10 minutes to marinate.
- 2 To prepare the avocado salad, combine the avocado, basil, cucumber and red onion in a bowl.
- 3 Add the olive oil and vinegar, then toss to coat.
- 4 Heat a lightly oiled chargrill over medium-high heat. When hot, add the drained steak and cook for 5 minutes on each side.
- 5 Aim for lightly charred on the outside and cooked to medium-rare inside.
- 6 Divide the avocado salad between 4 plates and top with steak.