# Steak and Salsa Recipe

# http://www.stevegranthealth.com/wp-content/uploads/steak-salsa-recipe.jpg

### SALSA INGREDIENTS

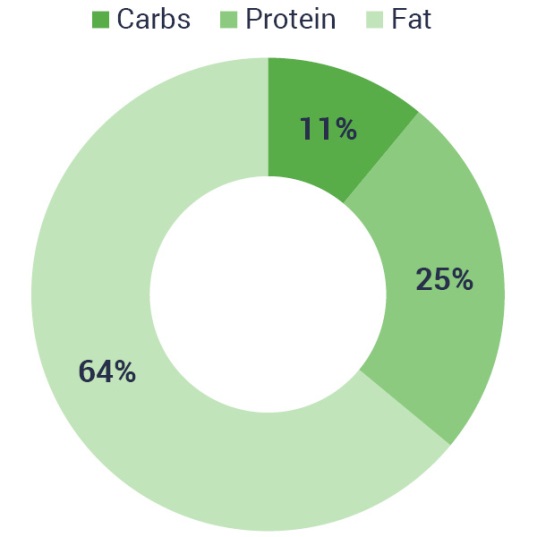
* 60g Avocado (flesh), chopped
* 110g Sirloin steak
* 1.5 tbsp coconut oil

#### SALSA INGREDIENTS

* ¼ red onion, finely chopped
* ½ green chilli, finely chopped
* 50g tomato puree

### DIRECTIONS

* To cook your steak, place a frying pan on high heat with the coconut oil. When hot place on your steak, keep cooking for 1 minute on each side until cooked until your liking (you can cut into it to see the colour). Place on your plate when ready with the avocado.
* To make the salsa, mix together all the salsa ingredients and then place next to your steak.



* Kcal: 497
* Carbs: 12.7g
* Protein: 30g
* Fats: 35g
* Fibre: 4.2g