

**Recipe of the Week 15**

## Chilli steaks and salsa

The steaks are a quick and easy way to increase your intake of heme iron (the most efficiently absorbed form of iron), which is essential for the delivery of oxygen to your muscles for energy. Furthermore, the meal is stacked with protein for recovery and the rebuilding of muscle tissue.

Tip: To increase the carbohydrate and micro-nutrient content of the meal consume with either rice or potatoes and vegetables.



**Serves: 1 - 2**

**Preparation time: 5-minutes**

**Cooking time: 15-minutes**

**Ingredients**

- 250g of lean 1/2-inch-thick steaks, (e.g.rib eye) cut into 2 portions.
- 1 teaspoon chili powder
- 1/2 teaspoon kosher salt, divided
- 1 teaspoon extra-virgin olive oil
- 2 plum tomatoes, diced
- 1 garlic glove
- 1/2 finely cut onion
- 2 teaspoons lime juice
- 1 tablespoon chopped fresh cilantro

**Each serving contains**

Energy (kcal) – 190kcal

Carbohydrates – 4g

Protein – 20g

Fat – 10g (3.5g saturated)

**Method**

1. Sprinkle both sides of steak with chili powder and 1/4 teaspoon salt.
2. Heat oil in a medium skillet over medium-high heat. Add the steaks and cook, turning once, 1 to 2 minutes per side for medium-rare.
3. Transfer the steaks to a plate, cover with foil and let rest while you make the salsa. Add tomatoes, lime juice and the remaining 1/4 teaspoon salt to the pan and cook, stirring often, until the tomatoes soften, about 3 minutes.
4. Remove from heat, stir in cilantro and any accumulated juices from the steaks.
5. Serve the steaks topped with the salsa (add rice or potatoes and vegetables to increase the carbohydrate and vitamin content)

Adapted from: [www.eatingwell.com](http://www.eatingwell.com), 2010

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