

sirloin tip *Salad*



Serves 4

Ingredients

- 1 head romaine lettuce, washed in cool water
- 1 head of leaf lettuce, washed in cool water
- 7 tbsp. (105 ml) extra virgin olive oil
- 2 1/3 tbsp. (40 ml) balsamic vinegar
- 2 tbsp. (30 ml) heavy cream
- 2 tbsp. (30 g) blue cheese, crumbled
- 2 hard boiled eggs, finely chopped
- 2 slices of crisp cooked bacon, crumbled
- 1 Paysanne red bell pepper, seeded and diced
- 6 oz. (170 g) sirloin tip, grilled and sliced
- 4 tbsp. (60 g) fresh chives cut into even pieces
- 1/4 tsp. (2 g) fresh ground pepper

Method

1. Mix olive oil and vinegar (3 parts olive oil, 1 part vinegar), add cream and crumbled blue cheese, and whisk until smooth.
2. Add fresh ground pepper and stir in half of the hard boiled egg, bacon and chive pieces.
3. Arrange the lettuce in a salad bowl, pour the dressing and toss well.
4. Garnish with remaining chopped egg, bacon, Paysanne red pepper and chives.
5. Top with sliced sirloin beef.

Nutritional Facts per serving (248 g): Calories 280

Fat 23 g (35 %), Saturated Fat 5 g + Trans Fat 0 g (25 %), Cholesterol 95 mg, Sodium 170 mg (7 %), Carbohydrate 7 g (2 %), Fiber 3 g (12%), Sugars 3 g, Protein 12 g, Vit A (140 %), Vit C (120 %), Calcium (8 %), Iron (20 %). % = % Daily Value



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