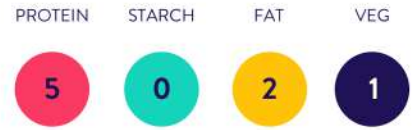


# Low Carb Rump Steak with Chunky Tomato Salsa

## PORTIONS PER SERVING



## INGREDIENTS

1/4 Onions, red  
 35 grams Avocados  
 200 grams Steak, beef, rump  
 1 tablespoon Coriander, fresh  
 1/2 tablespoons Basil, fresh  
 1/2 tablespoons Parsley, fresh  
 1/2 tablespoons Lemon, juice  
 1/2 cups Red peppers  
 1/4 cups Cucumbers  
 1/2 cloves Garlic  
 1/2 cups Yellow peppers  
 1/2 cups Tomatoes, baby/cherry  
 1/2 tablespoons Apple cider vinegar  
 15 grams Feta cheese

## METHOD

1. Dice the tomatoes and place them in a medium bowl
2. Finely dice the peppers, cucumber and the red onion, then add it to the bowl
3. Crush the garlic and add it to the bowl
4. Chop the fresh herbs and add them to the bowl with some olive oil
5. Crumble in the feta and chop up the avo
6. Add the lemon juice and vinegar, season with salt and pepper, then mix the salsa
7. Fry the rump in a pan, to your preference, seasoning as you go
8. Leave the rump to rest for a few minutes
9. Slice the rump and arrange it on a plate
10. Spoon over the salsa

