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by Chrissie

Steak & Goats Cheese with fruity dessert

Ingredients

100g Organic steak medallion,
1tsp extra virgin olive oil
25g Goats cheese
5 Cherry tomatoes
Sprig of sweet basil
100g grapes
200g pineapple

Preparation

1 Gently fry the steak in the oil until cooked to your preference, serve with the goats cheese, tomatoes and basil. Finish with the fruit for dessert.

Cooks Note

Delicious balanced meal incorporating 40% carbs, 29% protein, 31%fat.