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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.

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