

STEAK & PINEAPPLE SALSA

Time: 30 minutes

Serves: 4

Ingredients:

For the salsa:

14 ounce can crushed pineapple – drained
½ red onion – chopped
½ jalapeno pepper – seeded and finely chopped
½ cup fresh cilantro – chopped
1 tablespoon fresh lime juice
½ teaspoon kosher salt
¼ teaspoon fresh ground black pepper
½ teaspoon chili powder

For the steak:

4 – 6 ounce grass-fed beef sirloin steaks
1 teaspoon chili powder
1 teaspoon kosher salt

Preparation:

Mix all salsa ingredients in a bowl and set aside.

Preheat a heavy cast frying pan on high.

Evenly sprinkle the remaining chili powder and salt on both sides of the steak.

Place the steaks in the pan and do not press. Cook on high for two minutes then reduce heat to medium-low for three minutes. Turn steaks over and again cook on high for two minutes then medium-low for three minutes. Remove from the pan and let rest for five minutes.

Top with the pineapple salsa and serve.

Nutritional Information Per Serving:

Calories: 266
Fat: 7g
Carbs: 11g
Fibre: 1g
Protein: 39g