

Grilled steak with beetroot and chickpea salad



Serves 4, 410 cals per serve

4 x 150g beef rump steaks
2 teaspoons olive oil
1 navel orange, cut into segments
120g bag four leaf salad mix
400g can chickpeas, drained, rinsed
450g can baby beets, drained, halved
1/2 red onion, thinly sliced
1/2 x 350g jar marinated feta, reserving 2 tablespoons marinating oil

Brush steaks with oil. Season with salt and pepper. Heat a chargrill pan over high heat. Cook steaks for 2 to 3 minutes each side for medium or until cooked to your liking. Stand steaks, loosely covered with foil, for 5 minutes.

Combine salad leaves, chickpeas, orange segments and beets in a large bowl. Top with onion and feta. Drizzle over marinating oil. Toss to combine.

Serve steaks with salad.