

Mediterranean Steak with Mash

Serves 4

Preparation Time 10 minutes

Cooking Time 20 minutes

Mediterranean Spread:

60 g (1/4 cup) **Flora pro-activ spread**

1 tablespoon sliced sun dried tomatoes, finely chopped

1 tablespoon toasted pine nuts, roughly chopped

1 tablespoon fresh basil leaves, firmly packed, chopped

Steak and Mash:

2 teaspoons oil

4 x 125g fillet steaks, trimmed of visible fat

freshly ground black pepper

1kg potatoes, peeled and cooked

1/4 cup reduced fat milk

To serve:

2 zucchini

2 red capsicum



Mediterranean Spread: Mix all ingredients together.

Steak and Mash: Drizzle steaks with olive oil, season with pepper and barbecue or grill as desired. Mash potatoes using milk and half the Mediterranean Spread until smooth.

To serve: Serve each steak with mashed potatoes and top with remaining Mediterranean Spread. Serve with char-grilled or steamed vegetables.

Nutrition information

	Per 100g	Per Serve
Energy (kJ)	377	2136
Protein (g)	6.3	35.9
Total Fat (g)	3.8	21.3
Sat. Fat (g)	1.0	5.6
Carbohydrate (g)	7.0	39.9
Total Sugars (g)	1.4	8.1
Dietary Fibre (g)	1.2	6.9
Sodium (mg)	24	135