

STEAK & MUSTARD WEDGES

Serves 4

NUTRITIONAL INFORMATION:

Gluten Free, Higher Protein



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Kcal: **420**

Protein: **37g**

Carbohydrate: **32g**

Fat: **16g**



INGREDIENTS

- 500g Potatoes, cut into thin wedges
- 2 tsp Olive Oil
- 2 tbsp Wholegrain Mustard
- 4 150g Fillet Steaks
- 110g Frozen Peas
- 4 tbsp 0% Greek Yogurt
- 4 tsp Horseradish Sauce
- Salt & Pepper to season

COOKING TIME: 30 minutes

METHOD:

1. Preheat the oven to 200c (180 fan), 400f, gas mark 6.
2. In a bowl mix together the mustard & 1 tsp olive oil with 2 tsp of water. Toss through the potato wedges to coat. Place on a non-stick baking tray & cook for 30 minutes, turning occasionally.
3. Meanwhile add the remaining olive oil to a large non-stick frying pan & heat until hot. Add the steaks & cook for 5 minutes (for medium); 8-10 minutes for well done. Turn occasionally during the cooking time. Set aside to rest.
4. Bring a small pan of water to the boil. Add the peas & simmer for 2 minutes. Drain.
5. Mix together the yogurt & horseradish sauce & serve with the steak, wedges & peas. Season to own taste.

If preferred exchange the peas for a large fresh salad.

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