



**CHLOË BOWLER**  
complete wellbeing

## STEAK SALAD



### Ingredients

- Organic sirloin steak
- 1 lemon
- 2 cloves garlic
- Mixed lettuce
- 40g French beans
- 1 Organic egg
- Grilled Peppers

### Instructions

1. Trim the fat off and season the steak with plenty of pepper.
2. Score the steak 5 times deep into the meat, and squeeze in the juice of half a lemon, and the crushed garlic.
3. Cook in a little olive oil in a pan until done to your liking.
4. To make the salad boil some French beans, soft boil the egg, then add the grilled peppers.

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