



HEALTHYFOOD  
STUDIO

# Sirloin Steak WITH CORN, RED PEPPER AND RED ONION SALSA

## INGREDIENTS

- 4 Sirloin steaks (+- 250g each) trimmed off fat, or ostrich fillet for a healthier alternative
- 3 Ears of corn
- 2 Red peppers
- 1 Red onion, finely chopped
- 10 Sprigs coriander, finely chopped
- 20ml Olive oil
- Pinch sea salt
- Pinch black pepper

## METHOD

### GRILLED SIRLOIN STEAK

- 01 Heat Grill pan on the stove
- 02 Rub Sirloin steaks with a little oil and season with salt and pepper
- 03 Grill Sirloin steak to your desired temperature then remove from heat and rest
- 04 Serve with corn and red pepper Salsa and steamed green beans

### CORN, RED PEPPER AND RED ONION SALSA

- 01 Steam the corn for 5 minutes and slice the kernels off the cob.
- 02 Cut the peppers into the same size as the corn.
- 03 Combine the corn, red pepper, onion, olive oil, coriander and seasoning.
- 04 Mix well and refrigerate.
- 05 Serve as an accompaniment to the Grilled Sirloin Steak

PREP

25  
MIN

SERVES

4

Discovery  
Vitality

W  
WOOLWORTHS