



## Steak & Salad Sandwich

A juicy steak perfectly complimented by the freshness of tomato and spinach leaves and the tang of Spanish onion and mustard, sandwiched between two slices of grainy Bürgen® Soy-Lin® Bread. A healthy treat for meat lovers!

### Ingredients:

2 slices Bürgen® Soy-Lin® Bread  
 50g lean rump steak  
 ½ tbsp Dijon mustard  
 Sliced tomato  
 Sliced Spanish onion  
 Baby spinach leaves  
 1 slice reduced fat cheddar cheese

### Preparation:

Preparation time: 20 minutes; Serves 1.

1. In a fry pan or grill cook the steak until brown. Toast bread until golden brown.
2. Spread the bread with mustard, top with tomato, onion, spinach, cheese and steak, serve immediately.

- + With 200% RDI\* for Folate
- + With 35% RDI\* for Iron
- + With 41% RDI\* for Zinc
- + With 46% RDI\* for Calcium

All nutrients that are important for women's wellbeing!

\* Recommended Dietary Intake

Average Nutritional Information per serve	
Energy	1675 kJ
Protein	40.2 g
Fat	12.8 g
Saturated Fat	4.3 g
Omega 3	0.55 g
Carbohydrate	28.1 g
Sugars	3.6 g
Fibre	4.8 g
Sodium	890 mg
Folate	400 µg
Iron	4.2 mg
Zinc	5.0 mg
Calcium	368 mg