

COMBINING RIGHT RECIPES

MAIN MEALS

Protein

Eye Fillet Steak with Orange Sauce – serves 2

2 Tbsp almond slices, roasted
1 small onion, finely diced
1 bunch small carrots, or 2 normal sized carrots, and cut into Julienne strips
1 piece fresh ginger, peeled and finely chopped
1 Tbsp butter
5 Tbsp apple juice
1 orange, peeled and filleted, keep juice
2 Tbsp sunflower oil
2 eye fillet steaks
salt and pepper to season
70 ml freshly pressed orange juice

Melt butter in a saucepan, and simmer onions and carrots over medium heat for about 3 minutes, stirring constantly. Add apple juice, cover saucepan and let simmer for about 10 minutes.

Heat oil in a frying pan until very hot. Cook steak until desired doneness. Season with salt and pepper. Keep steaks warm. Add orange juice to pan juices, bring to boil, and add orange fillets. Serve meat and orange sauce with the vegetables, sprinkle with almonds.