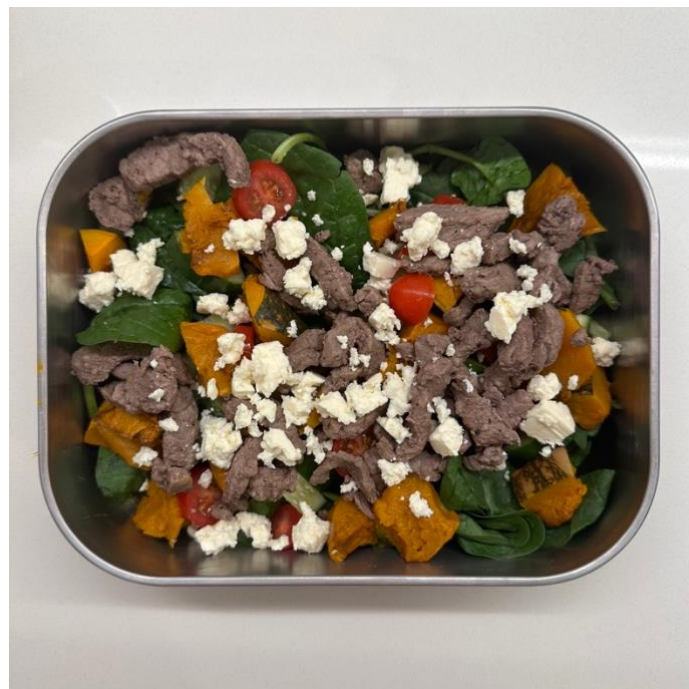


BEEF, PUMPKIN & FETA SALAD (serves 1)

INGREDIENTS:

- 100G EXTRA LEAN BEEF STRIPS
- PUMPKIN (*SMALL CUBES*)
- SPINACH
- CHERRY TOMATO (*HALVED*)
- CUCUMBER (*DICED*)
- RED ONION (*DICED*)
- 30G FETA
- BALSAMIC VINEGAR



METHOD:

1. Pre-heat oven to 180°C.
2. Placed cubed pumpkin onto a lined baking tray & cook in oven for approx 20 minutes.
3. Cook stir fry strips in frying pan to your liking.
4. Combine roasted pumpkin, spinach, cherry tomato, cucumber, red onion & feta into a bowl.
5. Place cooked stir fry strips on top of salad & dress with balsamic vinegar.

TIPS:

- *Batch cook your pumpkin in advance so it is ready to go in the fridge.*