



Puy Lentil, Steak & Feta Salad

Steak and cheese, is there anything better?

Serves: 2

Prepare: 15 Minutes

Cook: 5 Minutes

Difficulty: easy

Ingredients

- 500g [organic sandwich steak](#)
- 400g of puy or green lentils, drained
- 1 tbsp olive oil
- 1 handful of flat leaf parsley
- 2 tbsp balsamic vinegar
- 1 garlic clove
- 4 artichoke hearts, drained
- 100g baby spinach
- 100g feta, crumbled
- 1 medium-hot chilli, deseeded and finely sliced

Method

1. Rub the organic sandwich steak on both sides with a little olive oil and seasoning. Heat a skillet on the hob until smoking hot and cook the steak on each side for 3-4minutes for medium-rare. Adjust timings depending on how you like your steak cooked. Transfer to a plate and leave to rest
2. To the same skillet pan, add the rest of the oil, garlic and chilli. Cook for 1 minute, stirring. Add the balsamic vinegar, stir, then pour this dressing into a jug
3. Tip the lentils, artichokes and flat-leaf parsley into a bowl and pour over the dressing
4. Add your spinach leaves to the bowl and feta before finely carving your skirt steak and evenly distributing it amongst your bowl