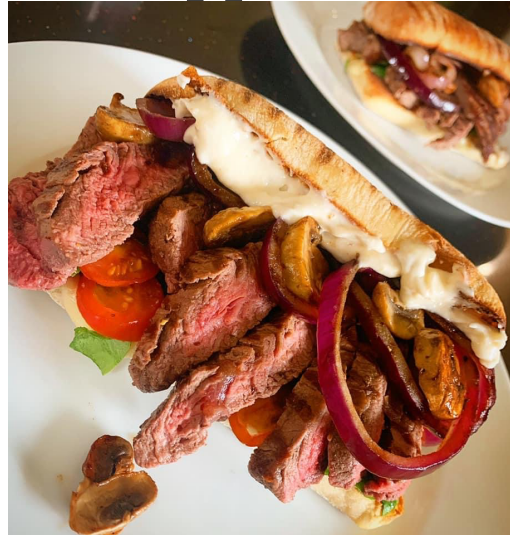


Steak and Mozzarella Panini with Horseradish



Serves	Prep Time	Cooking	Total Time	Calories
1 person				628 kcal

Stuff that's in it:

- 1200G Rump Steak ((Fat Removed))
 - Mushrooms (Sliced)
 - 1 Red Onion (Sliced Into Rings)
 - Tomatoes (Sliced)
 - Spinach (Shredded)
 - 1 Slice Mozzarella
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- Garlic Butter (Serves 2, Mix Together):
 - 20G Butter (Softened)
- 1 Tbsp Fresh Parsley (Finely Chopped)
 - 1 Tsp Minced Garlic (Xxx)
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- Horseradish Mayo (Serves 2, Mix Together):
 - 2 Tbsp Extra Light Mayo
 - 1 Tsp Horseradish Sauce
 - Cracked Black Pepper

What you do:

Pre heat your grill.

Griddle (or pan fry) your steak each side for 4/5 mins, Turning once. Remove and rest.

Toast your panini, slice and brush with garlic butter.

Pop under grill and toast until golden, remove, add cheese slice, pop back under grill to melt.

Remove and add tomatoes and spinach, sliced steak, too with mushrooms and onion and slather with horseradish mayo.

Nutrition

- Carbs: 44g
- Fat: 21g
- Protein: 62g

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