



Steak pitta with tomato and bean salad

Serves:



Preparation: 10 minutes

Cooking: 5-6 minutes

Ingredients

- 250-300g rump steak
- 1/2 (half) tsp sea salt
- 1/4 (quarter) tsp freshly ground black pepper
- 1 tsp olive oil

For the salad:

- 200g cherry tomatoes, halved
- 1/2 small white onion
- 50g rocket
- 25g pitted Kalamata olives
- 1/2 (half) x 400g can red kidney beans, drained and rinsed
- 1 tbsp roughly chopped fresh basil
- 1/2 (half) tsp lemon zest
- 1/2 (half) tbsp lemon juice
- 1 tbsp extra virgin olive oil
- 2 wholemeal pitta breads

Method

1. Preheat a griddle or large frying pan over a high heat. Using a large sharp knife cut the steak in half horizontally. Season both sides of the steak with salt and pepper and drizzle with the olive oil.
2. Place the seasoned meat onto the griddle or pan and cook for 1-2 minutes on each side, for rare, or longer depending on how you like it cooked. Remove from the heat and leave to rest on a board for 5 minutes.
3. Mix all the salad ingredients other than the pitta together in a bowl. Season with salt and pepper to taste. Warm the pitta in toaster for 1-2 minutes, or in the microwave for 10 seconds.
4. To serve, cut the steak across the grain into thin strips. Open the pittas up into pockets. Divide the salad between them and top with the steak.

Fuel learning

- Red meat is an excellent source of iron which can help fuel learning by helping to make sure the brain gets enough oxygen. To work at their optimum capacity brain cells require a good supply of oxygen. Lack of iron in the diet can reduce the oxygen carrying capacity of blood which in turn reduces the amount of oxygen delivered to brain cells.

Tips

- Pitta bread is a good thing to keep in your freezer as it defrosts quickly and can be eaten on the go.
- For a quick and easy option, try to replace the beef with strips of stir fry beef or chicken.
- If you are a vegetarian, good sources of iron include egg yolks, pulses such as red kidney beans and lentils, dried apricots, figs, broccoli, baked beans, wholegrain cereals and wholemeal bread.