



**KELLY – 082 448 8761**

[info@justforthehealthofit.co.za](mailto:info@justforthehealthofit.co.za)

[www.justforthehealthofit.co.za](http://www.justforthehealthofit.co.za)

**Because the first Wealth, is Health!**

## **Mustard Roast Beef with Fresh Tomato Sauce**

**600g Free range mature thick-cut steak**

**Olive oil for brushing**

**Flaked salt and coarsely ground black pepper**

**Dijon mustard for brushing**

**1 Tablespoon yellow mustard seeds, lightly crushed**

### **For the tomato sauce:**

600g ripe fresh tomatoes,  
skinned and chopped

2 cloves garlic, chopped

2 Tablespoons olive oil

½ Cup flat-leaf parsley, plus  
extra for garnish

Sea salt and freshly ground  
black pepper

Preheat the oven to 180C. Moisten the hot pan with olive oil and sear the steak for one minute then set aside (or until brown). Smear with mustard and sprinkle with mustard seeds, then transfer into a baking tray and finish off in the oven for 5 – 10 minutes, or until distinctly rare or a rosy pink. Remove, cover with tin foil and allow to rest for 5-10 minutes. Serve with fresh tomato sauce.

### **To make tomato sauce:**

In a pan over a medium to high heat, stir-fry all the ingredients for 5 minutes. Serve, garnished with fresh parsley.



**If you know anyone who could benefit from our products, please let me know**

Run your own weight loss challenge – Agents Needed!