

## Pepper Mustard Steak

### Ingredients:

1 Tbsp of hot mustard

2 tsp tomato paste

2 tsp equal spoonful or honey

1 Tbsp cider vinegar

pepper

4 Fillet Steak

Olive Oil for brushing

### Directions:

Combine the mustard, tomato paste, equal or honey, vinegar and pepper. spread half over one side of the steaks. Heat a grill pan or barbecue to high and ad the steaks, mustard side up. Sear the steaks for 3-4 minutes, then turn and brush the other side. Grill for 3-4 minutes longer, depending on thickness of steak, or until cooked as desired.

Per serve – approx.

Cals 175,

Fat (g) 7,

Fibre (g) 0,

Carbo (g) 1

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