



Fat 1	Protein 3	Free Veg. 2
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Ingredients

- 1 aubergine halved length-ways & cut into thin slices
- 2 tbsp. of flour
- 2 tbsp. of olive oil
- 400g of lean steak
- 200g of lamb's lettuce or spinach leaves
- 120g of feta cut into cubes

Dressing

- 1 green chilli halved & chopped
- ½ lemon juiced
- ½ small pack (15g) of coriander
- ½ small pack (15g) of mint leaves

Directions

1. Dust the aubergine slices in the flour, mixed with some seasoning.
2. Heat 1 tbsp. of the olive oil in a large frying pan until shimmering. Add the aubergine to the pan and fry for a few mins on each side until collapsing and soft, then set aside.
3. Turn up the heat, season the steak, then add to the pan and fry for 2 mins on each side for rare (longer if you want it medium). Set aside to rest for 5 mins, then slice
4. Blitz the remaining olive oil in a blender or small food processor with the rest of the dressing ingredients and a splash of water.
5. When ready to serve, mix half the dressing with the lamb's lettuce / spinach, and then tip onto a plate. Top with the crispy aubergine and steak, crumble over the feta, and then drizzle over the remaining dressing.
6. Scatter over any remaining herbs and serve.