

OPEN STEAK SANDWICH



INGREDIENTS

- 4 pieces round steak (heart smart) about 150g each
- Spray olive oil
- 4 thick slices sourdough bread
- 4 eggs
- 150g beetroot slices
- 1/4 cup tomato chutney
- Baby rocket leaves, to serve

METHOD

1. Place the steaks between 2 sheets of plastic wrap and pound with a rolling pin to about 7mm thickness. Spray the meat with oil and cook on a hot BBQ flat plate or char grill for 2 minutes each side. Move aside to rest and keep warm.
2. Cook the bread on the BBQ chargrill on both sides until lightly toasted. Cook the eggs on the flat plate until the white has set, or to your liking.



3. Place the steaks onto the bread. Top with the beetroot slices, eggs and rocket leaves, with the chutney on the side. Serve immediately