



Australian
Avocados

STEAK SANDWICH WITH AVOCADO AND TOMATO RELISH

Serves: 4 people

Prep Time: 10 minutes

Cook Time: 10 minutes

INGREDIENTS:

8 slices Wholemeal country bread (thick cut)

4 x 120 Steaks (lean tender rump or sirloin)

Salt and pepper

2 Onions (sliced)

2 tbsp Vegetable oil

2 Avocados

4 tbsp Tomato chutney

Butter or margarine

METHOD:

Heat oil in a fry pan, add onion and cook until soft, then remove from pan and set aside.

Place fry pan back onto the heat, season steaks and cook to your liking.

Cut avocado in half, remove seed and skin, cut flesh into slices.

Lay out four slices of bread and top with steak, onion, avocado, tomato chutney and remaining slices of bread.

Spread butter over the top of the bread, turn over and place buttered side onto a sandwich grill, spread butter onto the remaining side, close the grill and cook until golden.

Cut sandwich diagonally in half and serve.

