

Convenient value

Eating on a budget? At Metro, you don't have to compromise on quality or flavour with our weekly meal ideas and specials!

Beef Boneless Sirloin
from Prime Quality Meats
\$22.99/kilo
save \$4.00/kilo

Royal Gala Apples
\$6.99/kilo
Mixed Salad Leaves
\$19.99/kilo
from Metro Grocer

Wholegrain Dinner Rolls
from Baker's Oven
6 rolls for \$1.50
save \$1.50

Bean Sprouts \$0.90c
Coriander \$1.50
Kong Yen Rice Vinegar
\$2.10/300ml bottle
from V Plus Supermarket

Blue Vein Cheese
from Cut Price Deli
\$29.99/kilo
save \$10.00/kilo

Taylor's Promised
Land Cabernet Rosé
from Liquorland
\$13.49 each



Provencal Beef Salad

Serves 4

Beef Boneless Sirloin
Bean Sprouts
Coriander
Kong Yen Rice Vinegar
Lime juice

Chopped Chilli
Royal Gala Apple
Mixed Salad Leaves
Blue Vein Cheese
Wholegrain Dinner Rolls

Rub both sides of beef evenly with oil and season with salt and pepper. Add the beef to the grill and cook for 2-3 minutes each side for medium or until cooked to your liking. Thinly slice.

To make the dressing, place the chilli, vinegar, lime juice and sugar in a small bowl and stir until the sugar dissolves.

Combine the salad leaves, apple slices, cheese, bean sprouts and coriander leaves in a large serving bowl.

Top with beef and drizzle over the dressing.

Serve with bread and a glass of wine, if desired.

*All specials valid from 12 to 19 March 2009