



PAULANER 0,0%
presents



My favourite fitness meal

MATTHIJS DE LIGT

OCHSENFETZENSEMMELE

Ingredients

Salt
Pepper
2 mini heads of romaine lettuce
6 small tomatoes
2 red onions
200 g mayonnaise
4 tbsp. ketchup
5 tsp. spicy mustard
4 tbsp. lemon juice
4 tsp. Worcester sauce
600 g marinated "Ochsenfetzen"
(thinly sliced roast beef)
9 bread rolls

Method

- 1.) Preheat grill.
- 2.) Separate the lettuce leaves, wash and spin dry and then shred with a knife.
- 3.) Wash tomatoes and cut them into thin wedges while also removing the stem.
- 4.) Peel onion and slice into fine rings.
- 5.) For the dressing, mix together mayonnaise, ketchup, mustard, lemon juice and Worcester sauce and stir. Add salt and pepper to taste.
- 6.) Halve the bread rolls.
- 7.) Oil the grill grate (with closely spaced rods) once it is hot.
- 8.) Toast the bread rolls over high heat, cut side down.
- 9.) Grill the slices of beef for 15-30 seconds on each side.
- 10.) Layer lettuce, tomato slices and onions on the bottom half of a bread roll then drizzle with dressing. Arrange the slices of beef over this.
- 11.) Place the other half of the bread roll on top.

