

Avocado Banana Beef Salad

A refreshing and healthy salad combining the creaminess of avocado, sweetness of bananas, and richness of beef. Packed with nutrients and flavor!



Salad

20 min

Total time

Easy

Difficulty

450

kcal / serving

Ingredients

- 1/2 avocado
- 1 banana
- 4 oz beef strips
- Mixed salad greens
- Cherry tomatoes
- Red onion slices
- Olive oil
- Lemon juice
- Salt and pepper to taste

Steps

- 1 Season beef strips with salt and pepper, then sauté until cooked.
- 2 Slice avocado and banana, and arrange on a plate with mixed greens, cherry tomatoes, and red onion.
- 3 Top the salad with the cooked beef strips.
- 4 Drizzle olive oil and lemon juice over the salad, season with salt and pepper.
- 5 Toss gently to combine and serve.