

Grilled Bavette Steak with Fresh Tomato Celery Salad and Horseradish Dressing

Tender marinated steak atop a vibrant tomato-celery salad with tangy horseradish dressing—a protein-rich, low-GI meal that keeps blood sugar stable.

Prep: 10 min

Cook: 5 min

Total: 15 min

Servings: 2

GL 3.5 / GI 31

Ingredients

lean cut, high protein bavette or skirt steak

celery seeds, crushed

for steak marinade Worcestershire sauce for marinade

for grilling olive oil for brushing

approximately 40g per stick celery sticks, thinly sliced, leaves reserved

beefsteak, plum, cherry varieties mixed tomatoes, sliced or halved

for horseradish dressing Worcestershire sauce for dressing

for dressing olive oil for dressing

horseradish sauce

red wine vinegar

tomato purée

Instructions

Step 1

Place the bavette or skirt steak on a clean cutting board. Crush the celery seeds using a mortar and pestle or the back of a spoon until fragrant. Rub the crushed celery seeds evenly over both sides of the steak, followed by a generous pinch of salt and freshly ground black pepper.

Step 2

Drizzle 1 tablespoon of Worcestershire sauce over the steak, massaging it into the meat with your hands. Brush both sides lightly with olive oil. Set the marinated steak aside at room temperature while you prepare the salad components.

Step 3

Wash and thinly slice the celery sticks on a diagonal, reserving the leafy tops for garnish. Prepare the mixed tomatoes by slicing larger varieties into wedges and halving the cherry tomatoes. Divide the celery slices and tomatoes evenly between two serving plates, arranging them in an attractive pattern.

Step 4

In a small bowl, whisk together the remaining tablespoon of Worcestershire sauce, 1 tablespoon olive oil, horseradish sauce, red wine vinegar, and tomato purée until smooth and emulsified. Taste and adjust seasoning if needed. Set the dressing aside.

Step 5

Heat a griddle pan or cast-iron skillet over high heat until very hot and just beginning to smoke. Place the marinated steak in the pan and cook without moving for 2-3 minutes until a dark crust forms. Flip the steak and cook for another 2-3 minutes for medium-rare, or longer if you prefer your meat more well-done.

Step 6

Remove the steak from the heat and transfer to a clean cutting board. Cover loosely with aluminum foil and allow to rest for 5 minutes. This resting period allows the juices to redistribute throughout the meat, ensuring maximum tenderness.

Step 7

Using a sharp knife, slice the rested steak against the grain into thin strips. Arrange the sliced steak over the prepared salads on each plate. Drizzle the horseradish dressing generously over the steak and vegetables, then scatter the reserved celery leaves on top as a fresh garnish. Serve immediately while the steak is still warm.