

Steak with Mustard & Herb Dressing



A drizzle of olive oil, black pepper and balsamic vinegar will add extra flavour and elevate grilled steak to a new level of deliciousness, and this is a very quick and easy dish to prepare.

We've used fillet steak here, but you could use sirloin or striploin also. If you have one a cast iron ridged pan gives excellent results.

Ingredients

- ♦ 4 Dry Aged Angus Fillet Steaks

Mustard & Herb Dressing

- ♦ 1-2 cloves garlic, finely chopped
- ♦ Handful of finely chopped herbs i.e. parsley, coriander, basil
- ♦ 1 tablesp. Balsamic or Wine Vinegar
- ♦ 2 tablesp. whole-grain mustard
- ♦ 1 red chilli, sliced
- ♦ Salt and lots of black pepper
- ♦ 3 tablesp. olive oil

Serves 4

To Cook

Mix the dressing ingredients well together and store until required.

Season the steaks. Heat the pan to a maximum- a cast iron ridged pan if available. Cook the steaks for 5-8 mins. on each side, depending on how well done you like your steak. Allow to rest for a few minutes before serving. Spoon the dressing over the steaks before serving.

Grilled or barbecued vegetables are a perfect accompaniment for the steaks.