

Pan-Fried Steak with Rosemary Potato & Tomato Relish Serves 2

Steak

250 g Beef steaks (Tenderloin Filet)
4 t Olive Oil
Salt & Pepper to taste

Place the steaks on a plate and season with salt and pepper. Brush with olive oil. Let stand while preparing the relish.

Rosemary Smashed Potatoes

2 Potatoes (washed, peeled and diced)
1 T Fresh rosemary (minced)



Cook potatoes on High in the microwave for 4 minutes. Crush cooked potatoes with a fork and stir through the rosemary.

Cooked Tomato Relish

8 Cherry tomatoes (halved)
1-2 T Fresh rosemary (minced)
1 T Olive oil
1 T Balsamic vinegar
¼ Red onion (minced)
Salt and pepper to taste

In a small bowl combine all the ingredients for the tomato relish together.

Method

Warm a large frying pan over high heat. Add the steaks and cook as desired, 3–4 minutes on each side for medium-rare. Transfer the steaks to a cutting board.

Add the tomato relish mixture to the frying pan and cook until just heated through, stirring up any browned bits, cook about 1 minute.

Serve with Rosemary Potatoes on the side with Tomato Relish on the top of the Steak.

Tip: Use leftover beef for sandwiches or toasties the next day.