

Steak, Beans & Mushrooms

This is one of my favourite foodies, Jamie Oliver's Epic Steak recipe from his 5 Ingredients cook book. The recipes are so good and super simple, perfect for busy people and those that find cooking a bit of a task. For those that love cooking like myself, I like to play around with them a little and take the opportunity to use up other ingredients that I happen to have floating around. Like truss baby tomatoes that are almost past their use by date, perfect for roasting. I didn't shake it up too much as the foundations of this recipe were packed full of flavour anyway. Just a wee 'Embellishment' to elevate the dish slightly. Thanks again Jamie, you are a legend!

Jamie's recipe uses scotch fillet steak but I had a couple of humungous New York cut sirloins in the freezer that were the perfect size for 4 people. This recipe is a really good way of stretching the steak as you slice it to serve.

Prep time: 10 Minutes

Cooking time: 25 Minutes

\$\$ Medium Budget

Serves 4

2 large Sirloin or Rib Eye steaks (about 300gm each)

Olive oil for frying

4 cloves of garlic, peeled and thinly sliced

1 tsp of chilli flakes

4 sprigs of rosemary, leaves stripped and stalks discarded

Juice of 1/2 a lemon

1/2 a cup of chicken stock

600gm of portobello mushrooms, halved and sliced thickly

2 x 400gm tins of butter beans, 1 drained

12 baby Truss tomatoes

Sea salt and pepper

Extra virgin olive oil for drizzling

To prepare the tomatoes, cut them into groups of three, still attached to the vine. Place them in a lined baking tray and drizzle with extra virgin olive

oil and season with salt and pepper. Bake them in a preheated 180°C oven for about 15-20 minutes or until blistered.

Heat a large heavy based frypan. Drizzle the steak with a little oil and season both sides generously with sea salt and pepper. When the pan is nice and smoking hot, cook the steaks for approximately 5 minutes either side for medium rare (longer if you like it cooked more). Once the steaks are cooked, remove from the pan and rest on a warmed plate, covered loosely with tin foil.

In the same pan, reduce the heat and add a little more oil. Fry the garlic, 3/4 of the rosemary and chilli flakes for about a minute and then add the mushrooms. Fry for 2-3 minutes and then pour in the stock and lemon juice. Ramp up the heat so the stock reduces slightly and then add the beans with the juice of 1 tin of beans. Stir to combine and bring to a fairly rapid boil. Continue boiling the beans for about 5 minutes, to reduce the liquid while you prepare the steak.

Slice the steak, across the grain into 1 cm thick slices. Divide the beans between four serving bowls and top with slices of steak and the blistered tomatoes. Spoon over any juices and sprinkle over the remaining rosemary leaves and drizzle each bowl with a little Extra Virgin Olive Oil. Sprinkle with cracked pepper and serve with crusty bread and greens of your choice.

Leftover Rosemary? You may like to cook this.....

<https://emsfoodforfriends.com.au/lamb-roast-with-mint-jelly-rosemary/>

Interested in Jamie's book? You can buy it here.....

<https://www.kmart.com.au/product/5-ingredients:-quick-easy-food-by-jamie-oliver-book/1804365>