

WARM STEAK SALAD WITH BLUE CHEESE

Serves 2-3

Ingredients:

- 1 tbsp rapeseed oil (for frying)
- 2 x Quality Assured Striploin Steaks
- 4 tbsp rapeseed oil
- 2 garlic cloves, sliced
- 4 sprigs fresh thyme
- 150g (5oz) mixed salad leaves
- 50g croutons
- 6-8 cherry tomatoes, cut in half
- 50g English Blue Stilton Cheese

For The Dressing

- 2 tbsp Extra Virgin Olive Oil
- 2 tbsp Balsamic Vinegar
- 1 garlic clove, crushed
- 1 tsp Wholegrain mustard
- 1 tsp Honey
- 1 tbsp fresh thyme leaves picked
- 4 tbsp Irish Beef Gravy/4 tbsp good quality beef stock
- 1 tsp chopped fresh parsley
- Sea salt & freshly ground black pepper



Method:

- To marinate the steaks, place in a flat dish along with the rapeseed oil, garlic and thyme
- Cover with cling film and allow to marinate for 3-4 hours or overnight
- Remember to take your steaks out of the fridge at least 30 minutes before you intend to cook them to allow them to come back up to room temperature.

For the Dressing

- Place the balsamic, garlic cloves, mustard, honey, beef gravy/stock, thyme leaves in a bowl and mix well. Set aside until needed.



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To Cook The Steak

- Heat the rapeseed oil in a large heavy-based frying pan over a medium heat.
- Season the steaks, add them to the heated pan and fry for 4 minutes on each side, turning once, for medium rare.
- Remove from the pan and transfer to a plate, cover loosely with foil to keep warm and leave to rest for 10 minutes.
- Add the prepared dressing to the frying pan with a tablespoon of water that you've cooked the steaks in.
- Bring to the boil, season with salt and pepper and reduce
- Add in the chopped parsley
- To serve, place the mixed salad leaves on a large serving platter
- Scatter over the croutons and the cherry tomatoes
- Carve the steaks into thin slices and arrange on top.
- Drizzle over the dressing and crumble over the blue cheese
- Serve & enjoy!



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