

WEDGES, TENDER STEAK & GREEN BEANS



Serving: 4

Prep Time:

INGREDIENTS

- 1 stick (1/2 cup) unsalted butter, softened to room temperature
- 1 tablespoon chopped fresh chives

- 1 tablespoon chopped fresh oregano
- 1 tablespoon chopped fresh parsley
- 1 teaspoon finely grated lemon zest
- 2 cloves garlic, minced
- Salt and freshly ground black pepper

INSTRUCTIONS

Steak:

- 300 g Steak
- Salt and freshly ground black pepper
- 4 cm sprig fresh rosemary
- 1-tablespoon oil

Green Beans:

- 300 g thin French green beans, trimmed
- 100 g Toasted almonds
- 100 g pomegranate seeds
- 2 Tbsp. Olive Oil
- 2 Tbsp. Lemon Juice

1. For the herbed butter: Add the butter, chives, oregano, parsley, lemon zest, garlic and some salt and pepper to a bowl and mix together well.
2. Put the butter in the centre of a piece of plastic wrap and, using the plastic wrap, form it into a sausage shape. Seal it and pop it in the fridge for 1 hour.
3. For the steak: Allow the steak to rest at room temperature for about 15 minutes. Fill a saucepan with some water, add a generous pinch of salt and bring to a boil. This is for cooking the green beans so it's all ready at the same time.
4. Season both sides of the steak well with the chopped rosemary and some salt and pepper.
5. Heat a cast-iron pan over high heat until smoking. Add the oil and allow it to heat up for 1 more minute. Add the steak to the hot pan and cook about 4 minutes per side for medium-rare. Remove to a plate, cover with a piece of aluminum foil and

allow it to rest for 5 minutes.

6. For the green beans: Meanwhile, add the green beans to the salted boiling water and cook until bright green and crisp-tender, 3 to 5 minutes. Drain well.
7. When ready to serve, toss the green beans with about 2 tablespoons of olive oil and lemon juice, add toasted almonds and pomegranate seeds and serve with Sliced steak with additional herbed butter.

Food Fact:

The word pomegranate means apple with many seeds.