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by Liz Robb

Warm Steak and Griddled Vegetable Salad

Ingredients

A small red chilli
A small piece of fresh ginger
1 clove of garlic
1 lime
2 teaspoons of runny honey
2 teaspoons of balsamic vinegar
Olive oil
A few sprigs of fresh coriander
2 red peppers
1 large courgette
2 large portobello mushrooms
1 large or 2 small rump steaks
Mixed baby watercress, spinach and rocket leaves

Servings

2

Person

Preparation

- 1 First make the dressing. Deseed and finely chop the red chilli then peel and very finely chop the ginger and garlic. Place them in a small bowl.
- 2 Add the juice of the lime, 2 teaspoons of runny honey, 2 teaspoons of balsamic vinegar and stir in 3-4 teaspoons of olive oil. Finely chop some coriander leaves and stir well. Taste, adjust if necessary then leave to chill in the fridge.
- 3 Deseed and chop the red peppers into fairly large pieces. Cut off the ends of the courgette then slice, lengthways, thinly. Wipe and thickly slice the mushrooms.
- 4 Trim off any fat from the steak, brush with olive oil and season with salt and black pepper. Heat a large griddle pan and griddle in the hot pan for 3-4 minutes, then turn and cook the other side for about 3 minutes, depending on thickness.
- 5 Leave the steak on a warmed plate, covered, to rest for a few minutes as the vegetables are cooked.
- 6 Wipe out the pan, drizzle with olive oil and griddle the pepper and courgette slices in the hot pan for about 2 minutes on each side, enough to make griddle marks. Quickly griddle the mushrooms too.
- 7 Place a bed of baby salad leaves on each plate, arrange slices of warm pepper, courgette and mushroom on top then spoon over the dressing.
- 8 Cut the steak into thick slices and lift onto the plate, placing it in the centre. Serve immediately; it tastes even better with fresh crusty bread to wipe up the juices.

Cooks Note

Enjoy this colourful summer salad, quick and uncomplicated but very tasty; just lean strips of juicy steak, fresh grilled vegetables, green leaves and a delicious dressing. Also ideal for barbecues!

You can add to this dish if you wish by crumbling blue cheese,, such as Stilton or Gorgonzola, onto the top of the steak when serving.