





SERVES 2

PAN FRIED BEEF WITH CRACKED PEPPER SAUCE

the perfect sauce for juicy steak or chicken



4g/serving



20 min



- 250g (10 oz) frying steak

PEPPER SAUCE

- 15g (1 tbsp) butter
- 30g (2 tbsp) red onion, finely chopped
- 1 tbsp fresh cracked black pepper
- 1 sprig fresh thyme, chopped
- 1 garlic clove, chopped
- few drops Worcester sauce
- 75ml (1/3 cup) cream
- 1 tsp lemon juice

- 1 Pan-fry steak to taste.
- 2 For sauce, melt butter, add onion, sauté until soft.
- 3 Add crushed peppercorns and thyme and cook for 30 seconds, then add garlic and cook for further 30 seconds.
- 4 Add Worcester sauce, then mix in cream.
- 5 Finally, add lemon juice.
- 6 Season with salt and pepper and simmer gently for 5 mins until sauce has reduced and thickened.
- 7 Plate steak and pour sauce over.

