

Fiery Beef Steaks

Serves 4

Preparation time: 10 minutes

Cooking time: Under 5 minutes

Ingredients:

4 thin cut beef steaks
30ml/2tbsp rapeseed or olive oil
1 medium red onion, peeled and finely sliced
1 x 227g can chopped tomatoes
5ml/1tsp white sugar
15ml/1tbsp freshly chopped thyme leaves
10ml/2tsp good hot chilli sauce
Salt and freshly milled black pepper

Method:

1. Heat half the oil in a non-stick pan, add the onion and cook over a medium heat for 3–4 minutes or until soft.
2. Add the tomatoes, sugar, thyme and chilli sauce. Cook for 2–3 minutes. Season.
3. Heat the remaining oil in a non-stick pan.
4. Place the steaks on a chopping board and season on both sides.
5. Cook the steaks for 2–3 minutes on each side.
6. Serve the steaks with the sauce, sautéed potatoes and seasonal vegetables.

Tip:

If preferred replace the thin cut steaks with sirloin, rump or rib-eye steaks and cook according to your preference using the timings below:

(Based on a 2cm/¾-in thick steak):

Rare: 2½ minutes on each side

Medium: 4 minutes on each side

Well done: 6 minutes on each side



Tough standards. Tender results.

The Quality Standard Mark Scheme for beef and lamb provides one of the highest levels of independently inspected quality assurance for meat in the United Kingdom.

Hello.
SUMMER

SOURCE OF IRON

Beef is a source of iron. Iron helps the immune system to work and helps reduce tiredness and fatigue.