



Bife à parmegiana – Baked beefsteak with tomato sauce

NIBBLEDISH CONTRIBUTOR

Ingredients

- 4 beefsteaks - 1 clove of crushed garlic - finely chopped parsley - 1 beaten egg and bread crumbs to coat - Oil for pan-frying - 4 slices of ham and 4 slices of mozzarella cheese - 1 package of tomato puré - 2 tomatoes mature into slices - Grated parmesan cheese

Instructions

1. Pound the steaks with a meat pounder. 2. Put the steaks in a bowl. 3. Season the steaks with garlic, parsley, salt and black ground pepper to taste. 4. Cover the bowl with a plastic film. 5. Put the bowl in the fridge for 1 hour or longer. 6. Dip the steaks in the egg and then coat them in the breadcrumbs. 7. Pan-fry the steaks in hot oil until golden brown. 8. Put the steaks on a ovenproof baking dish. 9. Put a slice of ham and a slice of mozzarella over each steak, alternating with slices of tomato. 10. Pour the tomato puré over the beefsteaks. 11. End with grated Parmesan cheese, and take the oven to melt it