



Sexy Steak Tagliata

NIBBLEDISH CONTRIBUTOR

Ingredients

Flank Steak Tagliata, Aubergine Salsa, Rockets and Parmesan Crisps

serves 2

2 medium Flank Steaks, seasoned
1 big handful Rockets
2 Tbsp Parmesan, grated
1 medium Aubergine, sliced
2 medium Tomatoes, diced
2 tsp dried Oregano
1 Tbsp Balsamic Vinegar
3 Thyme sprigs
3 whole garlic, 2 peeled and chopped

Instructions

In a hot pan, add a little EVOO, add in chopped garlic, aubergines and oregano. Saute and toss for 7 mins. Add tomatoes and balsamic vinegar and saute for a further 10 mins. Set aside.

In a hot non stick pan, drizzle a touch a oil and sprinkle grated Parmesan to cover the surface of the pan. Fry until golden. Turn off gas and leave it too cool. Using a small pair of tongs, gentle remove the layer of cheese from the pan and set aside on a paper

towel.

Sear steaks, whole clove of garlic and thyme in a hot pan. Cook steaks 4mins a side, basting oil from roasted garlic and thyme with a spoon. Wrap steak in foil, discard garlic and thyme. 10 mins later, remove foil, slice steak and serve.

To serve, lay rockets on a plate, place steak on top, drizzle with aubergine salsa and sprinkle with parmesan crisps.