



GENERAL MENU SET RECIPE OPTION

Garlic stuffed mushroom with steak

INGREDIENTS (1 serving)

- 5ml (0.2 fl. oz) olive oil
- 285g (10.1oz) beef tenderloin
- 2 Portobello mushrooms, stalks removed
- 20g (0.6oz) butter
- 1 garlic clove, grated
- small handful of fresh parsley, chopped
- ½ a lemon, zest and juice
- pinch of chilli flakes
- 20g (0.7oz) pine nuts
- 15g (0.6oz) breadcrumbs
- a good handful of arugula

Garlic and mushrooms, a classic combo no doubt. If you like garlic, then go ahead and whack some more in there as it's not going to blow your macros out. You might not want to go kissing anyone though!

METHOD

Preheat your oven to 200°C (fan 180°C, gas mark 6).

Heat the olive oil in a frying pan over a high heat. When it's really, really hot, carefully lay the steak in the pan. Fry for 3-4 minutes on each side for medium rare, then leave it to rest until you are ready to eat.

While the steak is cooking, place your mushrooms on a baking tray and top with the butter, garlic, lemon zest and juice, parsley and chilli flakes. Roast them in the oven for 10-12 minutes or until soft and cooked through.

In a separate non-stick pan, gently toast the breadcrumbs and pine nuts until toasted and lightly browned. Once the mushrooms are ready, sprinkle the breadcrumb mixture on top.

Plate everything up and get it down you with a side of arugula.