



Steak with herb butter, tomato salad and baguette

Ingredients

For 4 portions

For the steak

- 4 beef hip steaks of 200 g each
- salt, pepper
- 2 baguettes

For the herb butter

- 125 g butter (room temperature)
- 1 garlic clove
- 1 small shallot
- 1/2 lemon
- 10 g chives
- 5 g thyme
- 10 g parsley
- salt, pepper

For the tomato salad

- 300 g cherry tomatoes
- 70 ml olive oil
- 1/2 lemon
- 1 tbsp balsamic vinegar
- 1 tbsp honey
- 10 g parsley
- salt, pepper

Preparation

For the herb butter, peel the garlic clove and shallot and dice very finely. Pluck the thyme from the twigs. Finely chop the chives, parsley and thyme. Grate the zest of the lemon. Mix the softened butter with garlic, shallot, herbs and lemon zest and season with salt and pepper. Chill for about 1 hour before serving.

For the tomato salad, wash and halve the cherry tomatoes. Finely chop the parsley. For the dressing, grate the zest of the lemon. Mix lemon zest with olive oil, balsamic vinegar and honey and season with salt and pepper. Mix tomatoes with parsley and dressing.

Take beef steaks out of the fridge 2 hours before grilling.

Preheat the grill. Grill steaks on direct high heat (approx. 250-280 °C) for 2-4 minutes. Turn steaks and grill for another 2-4 minutes. To serve the meat medium, it should reach a core temperature of 55-58 degrees. Remove steaks from the heat and let them rest for 10 minutes before cutting them. Serve with herb butter, tomato salad and baguette.

Preparation time: 35 minutes

Nutritions per serving:

881.2 kcal / 3676.3 kj

35,2 g of carbs

63,4 g protein

33,4 g fat