

## Beef Tagliata & griddled Vegetables



**Ingredients (Serves 2-3):** 300-500g beef (entrecote / Strip / Flank steak), 1 large courgette, ½ red or yellow pepper, ½ aubergine

**Optional:** Olive oil, juice from ½ lemon, other vegetables such as 1 onion, ½ fennel, celery

**Preparation:** 15 mins

1. Preheat the griddle pan on a medium-high flame
2. Wash & slice the vegetables and then griddle for 2-3 minutes on each side until cooked, and remove and plate
3. Place the whole steak on the griddle and cook for c. 4-5 mins on each side until visibly cooked and rigid to touch. Remove from the pan and slice through the centre to check the cook. Replace on the griddle if too rare.
4. Once at the desired cook, remove and leave to stand for 1 minute.
5. Slice into strips and serve with the griddled vegetables.
6. Drizzle with olive oil and fresh lemon juice.