FROM OUR KITCHEN

Beef carpaccio-style salad



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
20 min	10 min	30 min	4

01 Ingredients

- [ ] 4 x 150g beef rump medallions
- [ ] 2 tbsp olive oil
- [ ] 1 clove garlic, crushed
- [ ] 1 lemon, juice and zest
- [ ] 1 tsp Dijon mustard
- [ ] 2 cups baby rocket
- [ ] 4 radishes, cut into matchsticks
- [ ] 1 baby fennel, thinly sliced, fronds reserved
- [ ] 200 g heirloom tomatoes, diced
- [ ] 1.3 cup small basil leaves
- [ ] 1.4 cup pinenuts, toasted
- [ ] 2 tbsp baby capers, rinsed
- [ ] 40 g parmesan, shaved

02 Step-by-step method

01 Heat a char-grill pan or barbecue over medium high heat. Rub beef with 1 tbsp olive oil, season and cook for 4 to 5 minutes each side for medium-rare. Set aside on a plate loosely covered with foil to rest for 10 minutes. Thinly slice beef.

02 In a screwtop jar, combine remaining oil, garlic, lemon juice and zest and mustard. Season and shake well to combine.

03 In a large bowl, combine the rocket, radish and fennel. Drizzle with a little dressing, season and toss to coat.

04 To serve, lay beef slices on a plate or platter, slightly overlapping. Place the rocket salad in the centre of the beef, then sprinkle beef with tomatoes, basil, pinenuts, capers, parmesan and reserved fennel fronds. Season and drizzle with remaining dressing and serve with lemon wedges, if desired.