

Grilled New York striploin steak with pepper sauce

Serves 4 cook 12-15 minutes total for medium rare

Ingredients:

Striploin Beef steak	1 inch thick
Garlic clove	1
Thyme	2 sprigs
Salt and black pepper (coarse)	TT
Olive oil	2 TBSP
Unsalted butter	1 TBSP + 1 TBSP (sauce)
Beef broth (low sodium)	450 ml
Brown crimini mushrooms	8
Zuchinni, sliced	1
Red pepper	1
Frozen fries(store bought)	360g

Method:

1. Prepare vegetables. Cut mushrooms into slices, zuchinni and red peppers into into strips. Crush garlic and mince. Mix crushed garlic , thyme and butter together.
2. Heat oven to 425 F for the French fries.
3. Drizzle olive oil onto steak and season with salt and pepper just before grilling.
4. Heat up cast iron frying pan to high. Sear the steak for 2-3 minutes on each side. Reduce heat to low or medium and continue to cook for another 4 minutes per side. Remove from the pan and place on a plate, brush on garlic butter and loosely cover with a foil to rest for 5 minutes.

Canada food guide: Carol Harrison

Registered Dietitian:

Beef is rich in protein, zinc and vitamin B12, provides heme iron.



Method (cont'd)

5. Place 1 TBSP butter into frying pan on low heat and add 1 TBSP flour, scrape up the bottom and stir for 1-2 minutes . Add beef broth , black pepper and whisk until sauce looks smooth. Bring to a low simmer and strain through a wire strainer. taste and add small amount of salt if desire.
6. Heat up a large frying pan or wok and cook the mushrooms first. Remove cooked mushrooms and cook zuchinni and red pepper together for 2-3 minutes. Add mushhrooms in and flavour with chopped thyme. Season with salt and pepper.
7. Heat frozen French fries according to the package instructions.
8. To serve, slice steaks into 8 strips per serving, place vegetables and fried on plate, drizzle pepper sauce on steak. Bon appetit!