



**READY TO COOK**  
BY HARRIS FARM

# GRASS FED EYE FILLET STEAK, TOMATO GARLIC SALSA & ASPARAGUS



PREP  
**5 min**



COOK  
**20 min**



SERVES  
**2**

## INGREDIENTS:

- > 400g Grass Fed Eye Fillet Steak
- > 1 Bunch Asparagus
- > 3 Truss Tomatoes
- > 2-3 Thyme Sprigs
- > 1 Tsp Oregano
- > 2 Garlic Cloves
- > ¼ Cup Lomondo Olive Oil
- > 100g Rocket

## WHAT YOU'LL NEED FROM YOUR PANTRY:

- > ½ Tsp Cumin
- > 1 Tbsp Caramelised Balsamic

# METHOD - GET COOKING!



**1** Pat dry eye fillet steaks, season with salt, pepper and drizzle with olive oil. Set aside.

**2** Cut the tomatoes into quarters, remove the seeds and discard. Pick the thyme, crush the garlic and set aside.

In a small hot pot, drizzle  $\frac{1}{4}$  cup of olive oil and carefully add tomatoes, garlic, thyme, cumin and dry oregano. Stir and cook for 3-5 minutes until tomatoes are soft and mashed.

Season with salt, pepper, turn off the heat and set aside.

**3** In a hot frying pan, drizzle olive oil and sear the steaks for 3 minutes on each side. Remove from pan and let rest for 10 minutes before slicing.

Meanwhile, in the same pan on a high heat, drizzle olive oil and cook asparagus for 3-4 minutes. Turn occasionally, remove from pan and set aside.

**4** Place rocket leaves into a mixing bowl and toss with some olive oil and caramelised balsamic vinegar.

Slice the steaks and serve with tomato garlic salsa, pan fried asparagus and rocket salad.



## FEEDBACK OR QUESTIONS?

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