

# Sustainable Menu

PREP TIME 5 MIN | COOK TIME 7 MIN | SERVES 10

## GRILLED SHARED SIRLOIN, ROASTED FIELD MUSHROOM, SALSA ROJA

### Method

1. Bring steak to room temperature prior to cooking. Season with sea salt and pepper on all sides. Brush Steak with oil using a thyme brush.
2. Heat a chargrill or frying pan over high heat. Add steaks, reduce heat and cook steaks for 4-5 minutes each side or to an internal doneness of 58-60 ° C.
3. Remove steak, rest for half the cooking time. ( 5 minutes) . Slice and serve with field mushrooms, salad and salsa roja.
4. For the Field Mushrooms: Pre- heat oven to 160 ° C. dry heat. Line a gastro tray with baking paper.
5. Place mushrooms with gills facing up on tray.
6. In a bowl, combine diced mushroom stems, garlic, lemon juice and rind, herbs and oil. Mix gently to combine.
7. Place a 5 grams of the mixture in the centre on top of each mushroom. Season with salt and pepper.
8. Bake for 10-15 minutes. Serve immediately with a drizzle of pan juices over the top.
9. For the Salsa Roja: Place tomatoes, garlic, and jalapeno in blender. Blend until combined.
10. Heat oil in a frying pan over medium heat, add tomatoes, garlic, and jalapenos. Cook for 1-2 minutes or until fragrant. Add onion and coriander. Remove from heat. Place in a bowl, stir well. Season with salt and pepper.

### INGREDIENT LIST

#### Beef

- 5 x 350g MSA Graded Striploins

#### Other ingredients

- Sea Salt and cracked pepper to season
- 50mls canola oil
- 50g thyme, tied with string

#### Roasted Field Mushrooms

- 10 flat field mushrooms, stems removed, finely diced
- 20g garlic, crushed
- 140g lemon, zested and juiced
- 30g thyme and parsley leaves finely chopped
- 40mls oil
- Sea salt and ground black pepper to taste

#### Salsa Roja

- 360g tomatoes
- 10g garlic
- 20g Jalapeno chilli
- 60g red onion, finely diced
- 100g coriander, leaves & stalks finely chopped
- 50mls olive oil
- Sea salt & ground black pepper to season

