



Mushroom, steak & tomatoes

Preparation: 10 minutes

Cooking: 11 minutes

Serves: 4

4 (about 125g each) thin rump steaks
salt & ground black pepper, to taste
2 tbs olive oil
300g cup mushrooms, sliced
4 green shallots, sliced
250g cherry tomatoes, halved
3 tsp Worcestershire sauce
rocket leaves, to serve

1. Using a meat mallet, flatten the steaks until 1/2cm thick. Season with salt & pepper.
2. Heat 1 1/2 tbs oil in a large frying pan over high heat. Add mushrooms & cook, tossing frequently, for 2-3 minutes or until light golden. Add green shallots & cherry tomatoes & cook, stirring occasionally, for 3-4 minutes or until tomatoes are heated through. Add Worcestershire sauce & toss well.
3. Meanwhile, preheat a chargrill or barbecue on medium-high. Lightly grease with remaining oil. Cook steaks for 1 minute on each side or until cooked to your liking.
4. Place steaks onto serving plates. Spoon over mushroom & tomato mixture. Season with salt & pepper. Serve with rocket leaves.