

Roasted tomato, crouton and **BEEF SALAD**

SERVES 4 AS A MAIN COURSE OR 6-8 AS A SIDE DISH
OR STARTER

400g mixed exotic tomatoes, halved
olive oil
a pinch chilli flakes
4 sprigs thyme
salt and pepper
½ ciabatta loaf, torn into chunks
2 x 200g sirloin steaks
1 onion, sliced
5ml finely grated garlic
20ml red wine vinegar
5ml sugar
½ cucumber, peeled, deseeded and sliced
15g fresh basil
15g parsley leaves

1. Preheat the oven to 180°C.
2. Place the tomatoes in an oven dish, drizzle them with olive oil, season with the chilli flakes, then sprinkle over the thyme leaves. Season with salt and pepper and roast for 25 minutes until the tomatoes begin to soften.
3. Arrange the ciabatta chunks on a baking tray, drizzle with 30ml olive oil and season with salt and pepper. Toast in the oven (still at 180°C) until the bread is golden in colour.
4. Season the sirloin steaks to taste, then drizzle with a little olive oil before frying them in a hot pan until done to your liking. Leave to rest before slicing.
5. Place the onion and garlic in a bowl, add the vinegar, a pinch of salt and the sugar. Set aside.
6. In a large bowl, toss together the roasted tomatoes, toasted ciabatta, sliced steaks, sliced cucumber, basil and parsley. Mix 60ml olive oil into the onion mixture, then drizzle over the salad and toss well. Serve immediately.

