



Steak on sunshine vegetables

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Brown the onion wedges in the oil. Add the aubergines and fry for 4 minutes, stirring continuously.

Add the remaining vegetables plus the spices to taste. Deglaze with a little stock at a time to create steam to accelerate the cooking process.

Finally, add the remaining ingredients and the herbs.

Place the meat in a little oil and fry quickly, turning after 3-4 minutes to cook the other side.

Season with the smoked salt and pepper.

#### Vegetables:

- 100 g onions, peeled, quartered and cut into wedges
- 1000 g Mediterranean vegetables, cleaned and cut into bitesize pieces
- 40 ml olive oil for frying
- salt/pepper
- 2 pinches of coriander, freshly ground
- 30 g butter
- 100 ml stock
- 20 g ginger, finely chopped
- 1 garlic clove, finely chopped
- agave syrup
- 1 bunch of herbs to taste, chopped

#### Entrecôte:

- 600 g Entrecôte
- salt
- 2 tbsp cooking oil
- freshly-ground pepper
- 1 tsp smoked salt