

BLACK ANGUS, FLAT IRON

Aquaponics Salad, Lemon Dressing

(Serves 2) EASY ★☆☆ TIME: 20mins



INGREDIENTS

Black Angus, Flat Iron	400gm
Thyme	2 sprigs
Garlic Clove (skin on), crushed	2pcs
Unsalted Butter	40gm
Aquaponics Salad	80gm
Lemon Dressing Premix	50gm
Salt, to taste	
Black Pepper, to taste	
Olive Oil	

METHOD

1. Preheat pan or griller to medium high heat.
2. Season beef with salt and pepper.
3. Brush pan or griller with oil. Sear beef for 3 minutes on one side, then flip over and sear for another 2 minutes.
4. Add in garlic, thyme and butter. Baste butter over the beef for 1 minute. Then set meat aside to rest for 10 minutes.
5. In a mixing bowl, toss the salad with lemon dressing and seasoning if required.
6. Slice the beef before serving with salad on the side.

*Fresh from our
Farm to your Home*

The accompanying salad is 100% grown and harvested at the hotel's Aquaponics Farm on Level 5. Enjoy the freshest produce, in the most sustainable way possible.

SCAN TO VIEW
RECIPES AND
IMAGES ONLINE!

