

Fillet Steak with a Tomato, Tarragon and Parsley Dressing

The dressing for this dish can be prepared well in advance, meaning that you can give the cooking of the steak your full attention. You can cook the steak any way you want, but I like to ask the butcher for 1 piece of fillet steak, big enough for 2 people, from the tail end (the thin end). This way it can be roasted in the oven and cut through the middle before serving. I think this makes the presentation of the dish more sophisticated.



Fillet Steak with Tomato, Tarragon and Parsley Dressing

Ingredients

1 Fillet Steak (large enough for 2 people)

Handful Rocket Leaves



For the Dressing

3 Tomatoes

2tbsp Tomato Ketchup

1tbsp Worcestershire Sauce

Few dashes Tabasco Sauce

Juice of 1 Lemon

1tbsp Balsamic Vinegar

1tbsp Olive Oil

1 Shallot, peeled and finely chopped

Handful of Tarragon leaves chopped

Handful of Parsley leaves chopped

Method

To make the dressing, halve the tomatoes and spoon out the seeds and juice. Chop the flesh and put in a bowl. Add all the other dressing ingredients to the bowl and mix. Season with salt and pepper to taste.

Season the steak and pre-heat the oven to 180°C. Heat a frying pan over a high heat with a tablespoon of oil. When hot add the steaks. Sear all over and add a knob of butter. Baste the steaks with the melted butter, then transfer to the oven and roast for 5–10 minutes or until cooked to your liking. When cooked set aside to rest for 5–10 minutes.



To serve, scatter the rocket over the plate. Cut your steak through the middle and place, cut side up, in the centre of the plate. Spoon the dressing all over plus any juices from the steak.

Enjoy!