

Fennel & Orange Salad with Lean Steak & Parsnip Puree

Serves 4

Ingredients

Puree

- 2 large (500g) parsnips, roughly chopped
- 1 clove garlic
- 1 tablespoon olive oil
- 1 teaspoon wholegrain mustard

Salad

- 1 tablespoon olive oil
- 2 tablespoons white wine vinegar
- 1 teaspoon wholegrain mustard
- 1 large fennel bulb, thinly sliced
- 100g rocket
- 2 spring onions, thinly sliced
- 3 oranges, skin removed and cut into segments



400g (about 4 small) lean porterhouse steaks, visible fat trimmed

1 tablespoon olive oil

Salt and pepper, to taste

Method

Place parsnip and garlic in a medium saucepan and cover with plenty of water. Cover with lid and bring to the boil, then reduce to a simmer. Cook, about 10-15 minutes until parsnip is soft. Drain water then place in a food processor with olive oil and mustard. Blend until smooth and creamy then cover to keep warm.

Meanwhile, place olive oil, white wine vinegar and mustard in a small jar, shake to combine. Toss with remaining salad ingredients in a large bowl.

Heat a griddle pan or BBQ to medium-high. Brush steaks with olive oil, season with salt and pepper. Cook steak for about 3-5 minutes each side or until cooked to your liking. Serve steak on a plate with parsnip puree and salad.