



BLENDERS

COWBOY STEAK WITH SWEET TOMATO RELISH BUTTER & GREEN BEANS

Searched bone-in ribeye with butter, herbs and a Blenders Sweet Tomato Relish butter, served with tender-crisp green beans.



PREP TIME
10 MIN



COOK TIME
20 MIN



SERVINGS
2

Ingredients

- 1 large cowboy steak (bone-in ribeye, about 700 – 900 g)
- Salt & freshly ground black pepper, to taste
- 2 tbsp butter (softened)
- 2 tbsp Blenders Sweet Tomato Relish
- 1 tbsp chopped fresh parsley
- 1 tbsp olive oil
- 1 sprig rosemary
- 1 sprig thyme
- 2 cloves garlic, crushed with skin on
- 1 tbsp butter (for basting)
- Green Beans
- 200 g green beans, trimmed
- Butter or olive oil (for tossing)
- Salt & pepper, to taste

Allergens

- Barley - Malt Vinegar (Gluten Free), Milk, Mustard

Method

Step 1:

In a small bowl, combine the softened butter, Blenders Sweet Tomato Relish and chopped parsley. Mix well, then place the mixture on a sheet of cling film or baking paper and roll into a log. Chill in the fridge until firm.

Step 2:

Season the cowboy steak generously on both sides with salt and black pepper. Heat a cast-iron skillet or grill pan over high heat until very hot and add the olive oil. Sear the steak for 3 – 5 minutes per side, depending on thickness.

Step 3:

Add the basting butter, rosemary, thyme and crushed garlic to the pan and spoon the melted butter over the steak to baste it.

Step 4:

If your steak is very thick, transfer the pan to a 200 °C oven and cook for a further 5 – 8 minutes for medium-rare to medium.

Step 5:

Once cooked to your liking, rest the steak on a board for at least 10 minutes, loosely covered with foil.

Step 6:

Bring a pot of salted water to the boil. Add the green beans and cook for 3 – 4 minutes until tender-crisp. Drain and toss with a little butter or olive oil, seasoning with salt and pepper.

Step 7:

Slice the rested cowboy steak or serve it whole. Top with slices of the chilled tomato relish butter and serve with the green beans.