

# Rib Fillet

*and mixed greens*

## Method

1. Remove your steaks from the fridge 30 minutes prior to cooking – oil and salt heavily (this helps to draw the juices deep into the meat)
2. Preheat your BBQ or pan
3. Slice the asparagus, snow peas and spring onion at an angle – set aside
4. Cook your Maleny Black Angus Rib Fillet steak for approx 7-10 minutes (turning once) or until it is cooked to your liking. Remove, cover with foil and allow to rest while you cook the greens
5. Heat a wok or frying pan until it's smoking and add 2 tbsp oil
6. Fry green beans and sugar snaps for 4 minutes
7. Add asparagus and cook for a further 2 minutes
8. Add peas and cook for a further minute
9. Remove from the pan and add spring onions, snow peas, a handful of mint and lemon zest – toss to combine
10. Slice your steak thinly and serve with the spring greens.
11. If you're feeling fancy, garnish with some fresh mint leaves, sesame seeds and serve with a glass of red

## Recipe Notes:

- Rest your meat to allow the juices to redistribute which helps keep it tender and juicy!
- You can easily cook your meat on a BBQ or in a pan for this recipe. Just remember a slightly lower temperature and for slightly longer when cooking our Maleny Black Angus Grass-Fed Beef
- If you're a red wine lover, pair the dish with your favourite bottle and enjoy!



## Ingredients

- Steak:
- 800g Maleny Black Angus Beef Rib Fillet (or one steak per person)
- 1 tbsp olive oil
- salt
- Greens:
- 100g sugar snap peas
- 2 bunches asparagus
- 1/2 cup peas
- 100g snow peas
- 200g green beans
- 2 spring onion
- Handful of mint leaves
- 1 lemon – zested
- 2 tbsp oil
- salt

Serves: 4 people

Prep Time: 10 minutes

Cooking Time: 20 minutes

