



# The Hungry Guest

## BAVETTE STEAK, PUY LENTIL AND BEETROOT SALAD, TARRAGON BUTTER

SERVINGS: 4

PREP & COOKING TIME: 30 MINUTES

### INGREDIENTS

- 4 x 150g bavette steaks
- 150g puy lentils
- 2 Mereworth beetroot
- 1 bunch of asparagus, end trimmed off
- 1 pack Mereworth mixed salad leaves
- 1 bunch of Mereworth Oregano, roughly chopped
- Hungry Guest honey and mustard dressing
- Salt and pepper
- 1 bunch of Mereworth tarragon
- 100g soft salted butter

### DIRECTIONS

#### For the salad:

1. Place the lentils in a pan of cold water and bring to the boil. Reduce to a simmer and cook until the lentils are tender. Strain and cool.
2. Place the washed beetroot in a pan of cold salted water and bring to the boil. Cook until the beetroot are soft. Remove from the water and when cool enough to handle rub the skins off (use some disposable gloves to prevent staining your hands).
3. Place a griddle pan on a high heat and add asparagus. Season with salt and coat with a little oil. Char the asparagus until it is tender. Remove and cut into 2-3cm pieces
4. In a bowl mix the lentils, beetroot, asparagus, mixed salad leaves, and oregano. Dress with Hungry Guest honey and mustard dressing and season with salt and pepper.

#### For the tarragon butter:

1. Finely chop the tarragon.
2. In a bowl mix the butter and tarragon together. Place in the fridge to set.

#### For the bavette steaks:

1. Preheat an oven to 180 degrees C.
2. Remove the steaks from the fridge 10 minutes before cooking.
3. Season well with salt and pepper.
4. Place a griddle pan (or a regular pan if you don't have one) on the heat and get it nice and hot.
5. Place the steaks in the pan and cook on each side for 1-2 minutes.
6. Move to the oven for a further 2 minutes.
7. Allow to rest for 5 minutes.