



pitta bread and sirloin steak sandwich recipe

you will need...

- 250g Hummous
- 1 Punnet Mustard Cress
- 1 Red Pepper
- 1 Green Pepper
- 1 Yellow Pepper
- 1 Punnet Baby Tomatoes 'on the Vine'
- 2 Sprigs Rosemary
- 2 Sprigs Lemon Thyme
- Pitta Bread
- 2 tbsp Olive Oil
- 25g Butter
- 1 Lime
- 1 x 250g Sirloin Steak
- Chopped Clove Garlic
- 1 tsp Cracked Black Pepper

1. De-seed and cut the peppers into 4.
2. Heat a pan with a little olive oil and chopped garlic.
3. Add the peppers and gently fry. Season them with the rosemary and thyme. Cook till tender.
4. Warm the Pitta Bread in the oven.
5. Slice and spread the Hummous evenly over the pieces of bread once baked.
6. Heat a pan with olive oil and garlic. Once hot add the butter and melt till golden brown. Add the steak - presentation side first into the pan. Cook till golden then turn and repeat on other side.
7. Season with cracked black pepper and the zest and juice of lime.
8. Serve cut into slices as a stack with the Pitta Bread, Peppers and Mustard Cress.
9. Accompany with lightly grilled tomatoes on the vine and some chutney.

cooking tips

- Choose lean cuts of quality meat and trim off visible fat.
- Avoid adding extra salt - use fresh herbs, spices and olive oil for flavour.
- Always wash your hands before cooking!