




T-bone steak and green sides

There's no better way to enjoy your greens than alongside these juicy cuts.

 Less than 1 hour **Serves:** 4

Recipe Type: Light meals

Ingredients

Main Ingredients

2 T-bone steaks
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10 ml PnP olive oil
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1 clove pnp garlic, crushed
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1 pinch PnP salt and milled black pepper
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60 ml PnP butter
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1 packet PnP baby gem lettuce
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0.5 packets PnP fine green beans, blanched
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1 packet PnP mange tout, blanched
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Method

- **Rub** meat with oil and garlic and set aside to marinate for at least 20 minutes.
- **Heat** a griddle pan and fry the meat to liking. Season with salt and pepper.
- **Melt** butter in a frying pan and fry lettuce until just wilted.
- **Add** beans and mange tout and toss in butter. Season to taste.
- **Serve** steak with vegetables.