

**OVERALL time: 55 mins**

# PESTO STEAK & POTATO SALAD

Try this vibrant Pesto Steak & Potato Salad, generously seasoned with our sweet and spicy **Cape Herb & Spice Texan Steakhouse Rub**

Metric

**Number of servings : 4**

## ingredients

### Pesto Dressing

- 40 g rocket, roughly chopped
- 30 g parmesan cheese
- 1 small clove garlic
- 30 ml lemon juice
- to taste **Cape Herb and Spice Atlantic Sea Salt**
- to taste **Cape Herb and Spice Extra Bold Black Pepper**

### Salad

- 400 g baby potatoes, washed
- 200 g tenderstem broccoli, steamed
- 500 g fillet steak (whole)
- 15 ml **Cape Herb and Spice Texan Steakhouse Rub**
- 4 heads baby gem lettuce, washed and leaves seperated
- 40 g parmesan shavings
- 15 ml sunflower seeds, lightly toasted
- 30 ml olive oil

## THIS IS WHAT YOU WILL NEED TO DO

**PREP TIME: 20 mins | COOKING TIME: 35 mins**

Place baby potatoes in a medium sized pot and cover with water. Bring to the boil and cook until potatoes are fork tender. Drain and set aside to cool.

Steam tenderstem broccoli until just tender. Plunge into a bowl of ice water. Drain and dry on a dishcloth.

### **For the pesto dressing:**

Using a nutribullet or similar small blender - add all of the ingredients. Season well with **Cape Herb & Spice Atlantic Sea Salt and Black Pepper**. Blend until smooth.

Add a little ice cold water until the texture is silky so that the dressing coats the salad ingredients well.

Set aside in the fridge until serving.

Preheat oven to 200°C with the fan on. *(This is also a great opportunity to use an air fryer)*

Heat a large cast iron frying pan over high heat. Place the whole fillet of beef on a large chopping board. Drizzle over the olive oil and rub all over the fillet.

Sprinkle with **Cape Herb & Spice Texan Steakhouse Rub**. Press / rub the seasoning onto the fillet well.

Sear the beef fillet on all sides until golden brown and a good crust has formed.

Transfer pan to the oven and allow to roast for 10-15 minutes until a meat thermometer inserted reads 52°C for medium rare meat.

Quickly remove the fillet from the oven and transfer to a cutting board to rest for 10 minutes. (Cook for longer depending on your doneness preference). Slice the beef fillet and assemble the salad.

Layer baby gem lettuce, baby potatoes, tenderstem broccoli and sliced steak on a large serving platter.

Drizzle everything generously with the pesto dressing. Scatter with toasted sunflower seeds.

Serve with the extra dressing on the side and enjoy!

*Recipe concept, photography and video by Bianca Davies: @beeblegum on Instagram*  
| <http://thesecretlifeofbee.co.za/>

Bianca Davies

<https://capeherb.co.za>  
Metric

## **ingredients**

### **Pesto Dressing**

- 40 g rocket, roughly chopped
- 30 g parmesan cheese
- 1 small clove garlic

- 30 ml lemon juice
- to taste **Cape Herb and Spice Atlantic Sea Salt**
- to taste **Cape Herb and Spice Extra Bold Black Pepper**

## **Salad**

- 400 g baby potatoes, washed
- 200 g tenderstem broccoli, steamed
- 500 g fillet steak (whole)
- 15 ml **Cape Herb and Spice Texan Steakhouse Rub**
- 4 heads baby gem lettuce, washed and leaves separated
- 40 g parmesan shavings
- 15 ml sunflower seeds, lightly toasted
- 30 ml olive oil

**Number of servings : 4**

# **THIS IS WHAT YOU WILL NEED TO DO**

**PREP TIME: 20 mins | COOKING TIME: 35 mins**

Place baby potatoes in a medium sized pot and cover with water. Bring to the boil and cook until potatoes are fork tender. Drain and set aside to cool.

Steam tenderstem broccoli until just tender. Plunge into a bowl of ice water. Drain and dry on a dishcloth.

## **For the pesto dressing:**

Using a nutribullet or similar small blender - add all of the ingredients. Season well with **Cape Herb & Spice Atlantic Sea Salt and Black Pepper**. Blend until smooth.

Add a little ice cold water until the texture is silky so that the dressing coats the salad ingredients well.

Set aside in the fridge until serving.

Preheat oven to 200°C with the fan on. *(This is also a great opportunity to use an air fryer)*

Heat a large cast iron frying pan over high heat. Place the whole fillet of beef on a large chopping board. Drizzle over the olive oil and rub all over the fillet.

Sprinkle with **Cape Herb & Spice Texan Steakhouse Rub**. Press / rub the seasoning onto the fillet well.

Sear the beef fillet on all sides until golden brown and a good crust has formed.

Transfer pan to the oven and allow to roast for 10-15 minutes until a meat thermometer inserted reads 52°C for medium rare meat.

Quickly remove the fillet from the oven and transfer to a cutting board to rest for 10 minutes.

(Cook for longer depending on your doneness preference). Slice the beef fillet and assemble the salad.

Layer baby gem lettuce, baby potatoes, tenderstem broccoli and sliced steak on a large serving platter.

Drizzle everything generously with the pesto dressing. Scatter with toasted sunflower seeds.

Serve with the extra dressing on the side and enjoy!

*Recipe concept, photography and video by Bianca Davies: @beeblegum on Instagram*  
| <http://thesecretlifeofbee.co.za/>

Bianca Davies

<https://capeherb.co.za>