

OVERALL time: 20 mins

ITALIAN STEAK SALAD

Mozzarella, tomatoes, capers, basil... We packed this salad with wonderful classical Italian flavours – and then we went a step further by adding plump rump to make an Italian steak salad that ticks all the taste boxes!

Metric

Number of servings : 4

ingredients

For the salad

- 600 g Thick-cut aged rump steak
- Olive oil and butter for frying
- **Cape Herb and Spice Steak & Chops Shaker**
- 1 Punnet of heirloom tomatoes
- 1 Punnet of vine tomatoes
- 2 Avocado's
- 1 Lemon
- 175 g Bocconcini mozzarella cheese
- 90 g Capers
- Large handful of basil
- Micro herbs

For the dressing

- Extra virgin olive oil
- Balsamic reduction
- Salt & black pepper

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 10 mins | COOKING TIME: 10 mins

Dust the rump generously with **Cape Herb & Spice Steak & Chops Shaker Seasoning**. Heat a non-stick saucepan, add 30 ml of olive oil and 15 ml of butter and fry the steak until done to your

liking. Remove steak and allow it to rest for at least five minutes before slicing. Slice the avocado and drizzle with lemon juice to prevent discolouring. Assemble the steak salad by plating all the ingredients up on a large platter. Drizzle with olive oil and balsamic reduction and season with salt and pepper.

Recipe concept & photography by Lizet Hartley. Lizet Hartley is a freelance stills and reel food stylist, food photographer and recipe developer. In her spare time she – rather predictably – cooks. Get more of her recipes on her blog at <http://www.melkkos-merlot.co.za>

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

ingredients

For the salad

- 600 g Thick-cut aged rump steak
- Olive oil and butter for frying
- **Cape Herb and Spice Steak & Chops Shaker**
- 1 Punnet of heirloom tomatoes
- 1 Punnet of vine tomatoes
- 2 Avocado's
- 1 Lemon
- 175 g Bocconcini mozzarella cheese
- 90 g Capers
- Large handful of basil
- Micro herbs

For the dressing

- Extra virgin olive oil
- Balsamic reduction
- Salt & black pepper

Number of servings : 4

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 10 mins | COOKING TIME: 10 mins

Dust the rump generously with **Cape Herb & Spice Steak & Chops Shaker Seasoning**. Heat a non-stick saucepan, add 30 ml of olive oil and 15 ml of butter and fry the steak until done to your liking. Remove steak and allow it to rest for at least five minutes before slicing. Slice the avocado and drizzle with lemon juice to prevent discolouring. Assemble the steak salad by plating all the ingredients up on a large platter. Drizzle with olive oil and balsamic reduction and season with salt and pepper.

Recipe concept & photography by Lizet Hartley. Lizet Hartley is a freelance stills and reel food

stylist, food photographer and recipe developer. In her spare time she - rather predictably - cooks. Get more of her recipes on her blog at <http://www.melkkos-merlot.co.za>

<https://capeherb.co.za>