

Steak Sandwich

Shopping List

- Beef Tenderloin (454g)
- Honey (3 tablespoons)
- Mustard (3 tablespoons)
- Olive Oil (3 tablespoons)
- Cheddar Cheese (¼ cup)
- Ciabatta Roll (4)
- Garlic (1 clove)
- Mayonnaise (½ cup)
- Mushroom (5 large, cleaned)
- Baby Spinach (1 cup)
- Onion (1 cup)
- Egg (4, fried, optional)

Duration: 50 minutes

Servings: 4



Method:

In a mini food processor, add the mustard, honey, garlic and mayonnaise processing until smooth. Season with salt and pepper to taste.

Let sit for 30 minutes.

Coat the tenderloin in 1 tablespoon olive oil and cover liberally with salt and pepper. On a prepared grill, cook the beef over med-high heat, turning occasionally to create a crust.

Continue to grill until medium rare, approximately 20 minutes. Transfer to a plate and allow to rest for 10 minutes covered with foil.

Drizzle the onions and mushrooms with olive oil and season with salt and pepper. Grill the onions and mushrooms until soft, approximately 5-7 minutes. Transfer to a plate.

Brush both cut sides of the ciabatta with olive oil and grill, cut side down, until lightly charred, approximately 5 minutes.

Drizzle the honey/mustard/mayonnaise/garlic dressing over the cooked sandwich and place the cheese on top.