

Fillet steak with Creamy Pepper Sauce

Ingredients

2 fillet steaks – or steaks of your choice

2 carrots - grated

3 cloves of garlic – finely sliced

1 onion finely sliced

1 knorr rich beef stock cube

Frylite

Method

Heat a large non-stick pan for steak and another pan for veg

Spray both pans with frylite

Add steak to large pan when hot add carrots onions and garlic to other pan

Let steak brown well on 1 side stir veg in other pan when veg browned add half beef stock cube and 2 table spoons water – keep stirring

Turn steak

Heat pepper sauce in small saucepan

When steak and veg cooked serve with oven chips or potatoes

Enjoy your meal



CLEAN
and
TASTY