

## Fillet steak with slow-cooked tomatoes, salsa Verde watercress

The fillet is probably the nicest and most expensive cut of beef. It's very lean and tender due to the short fibres in the meat.

Salsa verde not only contains lots of vitamins, it also bursts with freshness from the herbs and savoury anchovies.

With the slow-cooked tomatoes and watercress salad, this is a recipe that will have you looking forward to steak night.

**Remember to stick to no more than 1 tablespoon of balsamic vinegar per sitting.**



### Ingredients-serves 4

- 4 x 100g fillet steaks

#### **For the slow-cooked tomatoes:**

- 520g/4 vine-ripened tomatoes or 16
- cherry tomatoes
- 2 sprigs of fresh thyme
- **splash of balsamic vinegar**
- splash of olive oil
- pinch of caster sugar
- salt and freshly ground black pepper

#### **For the salsa verde:**

- 2 tsp white wine vinegar
- 4–5 fresh basil sprigs, leaves only
- handful of fresh flat-leaf parsley
- 6g/2 tinned anchovy fillets, drained and finely chopped
- 3 tsp capers
- 100ml garlic-infused olive oil

#### **For the watercress salad:**

- 100g watercress
- 4 tbsp olive oil
- 1 tsp white wine vinegar
- 1 tsp Dijon mustard
- pinch of salt

## Method

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Preheat the oven to 120°C.

To prepare the slow-cooked tomatoes, combine the thyme, vinegar, oil, sugar and seasoning and dip the tomatoes (still on the vine) into the mix, coating them completely. Place on a baking tray and gently roast them in the oven for 15–20 minutes.

Heat a large frying pan over a high heat until it's smoking hot, then brush with olive oil.

Season one side of the steak and put it in the hot pan, seasoned side down. Cook for 1–2 minutes, until nicely browned. Just before turning it over, season the raw side and brown for 1–2 minutes more. Turn down the heat and cook to your liking.

This can take another minute on each side for rare, 2–3 minutes for medium and 4–5 minutes for well done.

To make the salsa verde, pour the vinegar into a blender with the basil leaves, parsley, anchovies and capers and blend to a purée. With the motor still running, gradually add just enough of the olive oil to give a sauce-like consistency.

To make the watercress salad, simply toss all the ingredients together and season to taste.

To serve the steaks, place the slow-cooked tomatoes on the side and spoon the salsa verde over the steak. Add the watercress salad on the side.