

Grilled Flank Steak with Creamy Mash, Melting Parmesan & Crispy Onions



Chef Manuel Aquilina

aroma
KITCHEN

INGREDIENTS

FOR THE STEAK

- 2 portions bavette or flank steak
- 1 tbsp Olitalia Olive Oil**
- Salt and pepper
- Few sprigs thyme or rosemary
- Dash red wine
- 1 tsp Marmite**
- 2 tbsp Zanetti Parmesan cheese, grated**
- 2 tbsp crispy fried onion pieces
- 1 tsp chopped fresh parsley

FOR THE MASH

- 400g potatoes peeled and diced
- 25g Valio Unsalted Butter**
- Salt and pepper
- 75ml Elmlea Single Cream**



METHOD

- 1 Heat the olive oil in the pan and sear the meat on both sides with the fresh herbs. Transfer to the oven and cook for a further few minutes till medium.
- 2 Deglaze the pan with a bit of wine and 1 tsp of marmite and reserve the juices. Meanwhile, cook the potatoes in a pan of salted boiling water till soft and drain.
- 3 Blitz to a mash with salt, pepper, butter and cream. When the beef is cooked, cover with the grated parmesan and quickly grill for a minute to brown.
- 4 Place onto a board cover with the crisy fried onions and slice thickly. Spoon the mash onto plates and lay the Parmesan beef on top.
- 5 Sprinkle with parsley and drizzle any pan juices on top before serving.