

Steak Salad with Blue Cheese Vinaigrette

Ingredients

- 1 fillet or rump steak, 300g/11oz, trimmed
- 140g green beans, trimmed
- 1 head chicory, leaves separated
- 25g walnuts, roughly chopped
- Zest and juice ½ lemon
- 1 tbsp walnut or olive oil
- 1 tbsp tarragon chopped (optional)
- 1 small shallot, finely chopped
- 1 tbsp blue cheese, crumbled



Method

1. Season the steak with lots of pepper and a little salt. Cook on the barbecue or under the grill for 2-3 mins each side for medium-rare, or to your liking. Let sit for 10 mins and then cut into slices.

For the dressing

1. In a small bowl, whisk together the zest, juice, oil, tarragon, shallot, cheese and some salt and pepper.
2. Cook the beans in boiling water until just tender. Drain and rinse under cold water, then drain thoroughly.
3. Divide the chicory leaves between two plates and top with the beans, walnuts and steak slices. Pour the dressing over the salad just before eating.

Chelsea Martin – Aged 16