

# Garth McColgan Recipe

Serves

4

Prep  
Time

15  
mins

Cook Time

Rare

3  
mins

Well done

6  
mins

## The perfect Summer Irish steak salad



*Garth McCollgan*

# Warm Irish Steak Salad with New Season Potatoes and Salsa Verde

## Ingredients

### For the Salsa Verde

- 1 Scallion, finely sliced
- 1 pack Parsley, roughly chopped
- 1 pack Basil, roughly chopped
- 1 clove Garlic, minced
- ¼ tsp Freshly Ground Black Pepper
- ¼ tsp Sea Salt
- ¼ Lemon, juiced
- 80ml Specially Selected Extra Virgin Olive Oil

### For the Irish Steak salad

- 1 pack Specially Selected Fillet Steak, cut in half across the centre
- 10ml Specially Selected Extra Virgin Olive Oil
- 8 Shallots, peeled and halved
- 2 tsp Water
- 1 pack Basil, leaves picked off and kept whole
- 1 pack Italian Mixed Leaves
- 6 Baby Potatoes, boiled and quartered into wedges
- Sea Salt and Black Pepper
- 1 clove Garlic, minced
- 1 tsp Balsamic Vinegar
- 1 tsp Irish Butter

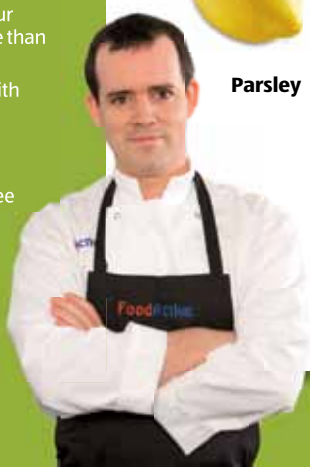
## Method

### For the Salsa Verde

1. Add the minced garlic, lemon juice, salt and black pepper to a bowl. Mix well.
2. Add the herbs and scallions to the bowl and mix again gently.
3. Add the olive oil and stir to combine.

### For the Steak

1. Remove the steaks from the fridge 30 minutes before you want to cook them. Cut them across and pat the steaks dry with a clean tea towel.
2. Place a frying pan over as high a heat as possible with no oil.
3. Season the steak really well all over with the sea salt and freshly ground black pepper, thoroughly rubbing the seasoning in. Massage the steak all over with 10ml extra virgin olive oil. The steak is now ready for the pan.
4. The pan needs to be REALLY hot. Test the heat of the pan by holding your palm over it one inch from the surface. If you can bear the heat for more than three seconds it is not hot enough.
5. Put the shallots and garlic into a container with 2 tsp of water, cover with cling film and cook in the microwave for 2 minutes.
6. Lay the two steaks on the pan and leave for about 90 seconds. Turn the steak over and cook for 90 seconds on the other side.
7. Remove and rest the steak in a warm place on a wire rack for about three minutes before you serve it.
8. Keep the same pan warm and ready for the next step.
9. Put the pan back on a high heat with 1 tsp butter and 1 tsp balsamic vinegar and toss the shallots, garlic and baby potatoes for 2-3 minutes. Meanwhile, slice the steak into thin strips.
10. To assemble, toss the shallots, garlic and baby potatoes together with the steak strips and leaves and heap onto the centre of a plate with a spoon of salsa verde on top to be devoured at once. Too tasty to wait!



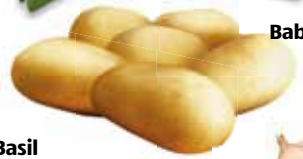
## 2 Irish Angus Fillet Steaks



## Italian Style Mixed Salad Leaves



Scallions



Baby Potatoes



Basil



Shallots



Lemons



Parsley

Irish Butter



**Specially Selected Spanish Estate Extra Virgin Olive Oil**



Garlic

**See in store\*\***



Balsamic Vinegar



Sea Salt



\*\*Fresh produce prices can vary. Offers available for a limited time only, subject to availability.