

10oz 28 day aged Aberdeen Angus ribeye steak with peppercorn sauce

Served with chunky chips, grilled tomato and grilled mushroom

Overview ...



246
Kcal / 100

CALORIES:

16.9% Carbs

19.7% Protein

63.4% Fat

Food Labelling...

Serves 1

CONTAINS:

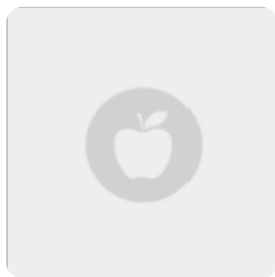


MILK

Recipe Ingredients ...	Quantity:	Description:
71996 - 71996 Birchstead British Aberdeen Angus 28 Day Aged Ribeye Steaks 10oz.. - BRAKES	283	1 x Each
130617 McCain Menu Signatures Gastro Chunky Chips.. - BRAKES	200	
10330 Breakfast Mushrooms (19 Oct 2023)..	50	
10357 Plum Tomatoes (19 Oct 2023)..	80	
74063 Watercress (19 Oct 2023)..	10	
125993 Essential Cuisine Peppercorn Sauce Base.. - BRAKES	10	
70215 Brakes Fresh Double Cream.. - BRAKES	100	
132644 Maldon Sea Salt Flakes 570g.. - BRAKES	2	
134293 Sysco Classic Cracked Black Pepper (22 Jul 2023)..	2	
33568 Brakes Extended Life Rapeseed Oil.. - BRAKES	12	(auto-calculated)

Products / Pack Sizes ...

1 Serving



 **Product code**
 **Barcode**
 554.2600/ 1372kcal
1

Cooking Instructions & Notes

Preparation:

Peel and brush clean the mushrooms

Remove stalk and root from tomato and cut in half

Pick and wash watercress

Make up peppercorn sauce with cream (as per pack instructions)

Method:

1. Oil and season the steak on both sides
2. Chargrill or pan-fry and cook until desired liking
3. Allow to rest well for approx 3-4mins
4. Oil and season the mushroom and tomato and grill for approx. 5 mins
5. Deep fry chips until golden & crisp - drain
6. Place the steak on your chosen plate alongside the tomato and mushroom
7. Finish with watercress and peppercorn sauce - serve!

| Generated by Nutritics v5.95 on 12th Dec 2023. Last Modified 12th Dec 2023.

| U Ref Code: | Last Modified: 12 Dec 2023 | Nutritics ID: U7592114