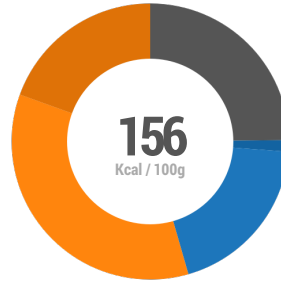


# Chargrilled 28 Day-Aged Ribeye Steak with Garlic Butter

By Richard Bowden from Brakes

Overview ...



CALORIES:

20.7% Carbs

24.8% Protein

54.4% Fat

Food Labelling...

Serves 1

CONTAINS:



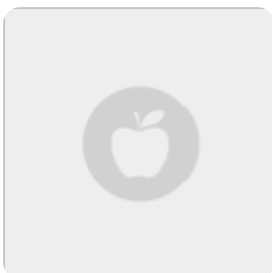
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Recipe Ingredients ...

Recipe Ingredients ...	Quantity:	Description:
71996 Birchstead British Aberdeen Angus 28 Day Aged Ribeye Steaks 10oz - BRAKES	283g	1x Each
450671 Beef Tomatoes - BRAKES	50g	Half
10290 Button Mushrooms - BRAKES	30g	0.01x Each
131000 Lamb Weston The Dukes of Chippingdom (Proper British Chips) - BRAKES	227g	0.09x Each
74063 Watercress - BRAKES	10g	1x Average Portion
127207 Garlic & Parsley Butter Portions - BRAKES	10g	1x Each
9802 Brakes Extended Life Rapeseed Oil - BRAKES	13.9g	(auto-calculated)
12718 Brakes Salted Butter - BRAKES	13.9g	(auto-calculated)

Products / Pack Sizes ...

1 Serving



Product code

Barcode

638g / 1007kcal

# 1

**Preparation:**

Open steak packaging, remove and put on a tray - season and oil.

Cut tomato in half - season.

Wash mushrooms, then drain.

**Method:**

1. Grill the tomato until cooked through.
2. Pan fry the mushrooms in a little oil, butter and seasoning until golden brown.
3. Chargrill the ribeye to customers request - ensure you allow the steak to rest for approx 4mins.
4. Deep fry the chips and drain.
5. Plate up and lastly add watercress and garlic butter - serve!