

## **STEAK WITH CHILLI AND GARLIC ON ASPARAGUS** *BISTECCA AGLIO E PEPERONCINO SU LETTO DI ASPARAGI*

I love a good steak, and it goes really well with asparagus. I use fillet steak for this recipe, which makes a lovely treat, but you could use a less expensive alternative, such as a minute steak cut from sirloin. You can also use green beans instead of asparagus. Always bring the steaks to room temperature before cooking. Serve with my Roasted new potatoes (see page 174).

1 Put the asparagus in a heatproof dish. Pour over enough boiling water to cover the spears. Set aside for 10 minutes then drain.

2 Using a sharp knife, cut the fillet into 12 equal-sized pieces. Gently push down each piece with the palm of your hand to flatten slightly. Set aside.

3 Put the oil, garlic and chilli in a large frying pan and place over a high heat. As soon as the garlic starts to sizzle, place the steaks in the pan and fry for 2 minutes each side (for medium). Sprinkle with salt. Using a fish slice, transfer the steaks to a warm plate and cover with foil. Return the pan to the heat.

4 Add the asparagus to the pan and fry for about 1 minute or until softened but still al dente. Sprinkle with salt.

5 Lift out the asparagus and divide it among 4 warm plates. Arrange 3 steaks, slightly overlapping, on top.

6 Pour the juices from the meat into the frying pan and stir to combine with the other ingredients. Drizzle the pan juices over the steaks and serve immediately.

Serves 4

250g fine asparagus spears, woody ends removed  
1 piece centre-cut beef fillet (about 800g)  
10 tablespoons extra virgin olive oil  
5 large garlic cloves, peeled and thinly sliced  
1 teaspoon dried chilli flakes  
Salt

