



## JERNEJ KITCHEN

# BEEF STEAK WITH PORCINI MUSHROOMS AND SQUASH

*Healthy, quick, delicious and seasonal.*

SERVES	2	PEOPLE
PREPARATION:	10	MINUTES
COOK:	20	MINUTES

### BEEF STEAK WITH PORCINI MUSHROOMS AND SQUASH

300 g Sirloin steak 2,5 cm / 1 inch thick

pepper, salt

1 tbsp olive oil

20 g butter

1 sprig fresh thyme

3 cloves of garlic

1/2 small hokkaido squash (kuri)

3 small porcini mushrooms

1 onion (or 5 small shallots)

240 g canned brown beans

1 bunch of fresh parsley

1 tbsp balsamic vinegar

### TOOLS AND EQUIPEMENT

large frying pan

plate

wooden spoon

### PAN FRY YOUR SIRLOIN STEAK

Season your sirloin steak to taste with salt and pepper. Heat a tablespoon of olive oil in large frying pan over high heat. When the pan become very hot, add the sirloin steak. Pan fry for 2 - 3 minutes on one side, then turn around, add a knob of butter, thyme and peeled clove of garlic. Pan fry for another 2 - 3 minutes for medium rare. If you prefer your steak well done, pan fry for 5 minutes on each side.

### TRANSFER THE STEAK TO A PLATE

Transfer the steak to a plate and don't forget to pour over those delicious frying juices from the steak, they contain a lot of flavor.

### USE THE SAME FRYING PAN

Using the same frying pan we will now prepare the vegetables and porcini mushrooms. Peel the squash and cut it on small chunks (around 1 - 2cm / 0.5 inch). Peel the onion and cut it one quarters, if you are using shallots, cut them in half. Add a tablespoon of oil into a frying pan and add the squash and the onion (or shallots). Cook for about 10 minutes on medium - low heat, stirring occasionally.

### ADD THE PORCINI MUSHROOMS

Clean the porcini mushrooms and cut them on slices (thickness around 0,5cm / 0.2 inch). Peel two cloves of garlic and slice them thinly. Add the mushrooms, garlic and sprig of thyme to the squash and cook for another 3 minutes, stirring occasionally.

### ADD THE BEANS

Drain and wash the beans. Add the beans, balsamic vinegar,

two tablespoons of water and chopped parsley to the squash. Cook for another 3 minutes, stirring occasionally. For some extra flavor we suggest adding those delicious, saved steak juices that were left from pan frying. Stir well and season to taste with salt and pepper.

#### **SERVE**

Cut the sirloin steak into 0.5 c, / 0.2 inch thick slices. Serve the steak with the squash, mushroom and beans combo. Enjoy.