



Beef and Balsamic with Tomato Pan Sauce

Source: Donna Hays

Serving Size: 4

Prep Time: 30 min

Cooking Time: 30 min



Directions

For the vegetables

- Bring a pot of water to boil
- Steam / boil asparagus and green bean to your liking
- MEAN WHILE, start on the next steps

For the Steak

- Brush file with oil, sprinkle with salt and pepper
- Heat a pan over high heat
- Add filet to pan and cook for **4~5 min** (or until done to your liking)
- Place the cutlets on a warm plate, cover and set aside

For the tomatoes pan sauce

- Place the butter and oil in the pan and heat until the butter is bubbling
- Add the tomatoes and cook for **3 min** or until just beginning to soften
- Stir through the sugar, thyme, balsamic, salt and pepper

To server

- Place the asparagus and green beans on plate first
- Place steak on side/top of vegetables
- Place spoon tomato sauce on top of steak

Ingredient List

- 4 pcs filet
- 2 tsp oil
- Salt and Pepper

Tomato Pan Sauce

- 1 tbs butter
- 1 tbs olive oil
- 8oz cherry tomatoes, halved
- 8oz yellow pear tomatoes, halved
- 1 tsp sugar
- 1 tbs thyme leaves
- 1 tbs balsamic vinegar
- Sea salt and crack pepper

Steam Vegetables

- Asparagus and/or green beans