



SPICY HORSERADISH BEEF SALAD

Prep time: 20 min, plus 1 hr to marinate

Cook time: 10 min

Serves: 4

What are the ingredients?...

20 thin slices Buttercross beef fillet
3 tsp chinese five spice
2 tbsp groundnut oil
25g butter
12 button mushrooms
12 spears asparagus, blanched
1 tsp mustard
1 tbsp white wine vinegar
4 tbsp oil
1 tbsp chives, chopped
100g spinach leaves
black pepper

For the marinade:

3 tbsp soy sauce
1 tbsp oil
2 tbsp horseradish sauce
2 cloves garlic, crushed
2 mild chillies, chopped
3 shallots, finely chopped
1 tbsp brown sugar

How do I make it?...

1. Season the slices of beef with five-spice powder.

2. Mix all the ingredients together for marinade and place the beef into this. Leave for one hour, take out and drain.
3. In a frying pan, heat the groundnut oil and cook the pieces of fillet carefully for one minute on each side or until cooked to taste. Take out and keep warm.
4. Meanwhile, melt butter, cut mushrooms in half and sauté for two minutes until lightly browned.
5. Cut 3cm tips off each asparagus spear and put to one side. Cut the rest into 2cm pieces and add to the mushrooms, warm through.
6. For the dressing, mix the mustard, vinegar, oil and chives. Season to taste.
7. Toss the mushrooms and asparagus (not tips) in the dressing, add spinach and season.
8. Gently toss the beef and the salad together, place in the centre of the plate, garnish with the asparagus tips and serve.