

Herb and Panko Crusted Beef Rump Steak
RECIPE

Herb and Panko Crusted Beef Rump Steak



TIME 10 minutes
INGREDIENTS 9 items
MAKES 2 servings

This a great, versatile way to use the dressing across numerous dishes. Think of the classic schnitzel without the deep-frying or cleaning. Coating meat and vegetables with the dressing is a simple and effective way of layering flavour easily.

INGREDIENTS

- 300 g rump steak, at room temperature
- 2 tbsp. olive oil
- ½ cup panko bread crumbs
- 1 tbsp. MasterFoods[™] Professional Oregano Leaves
- Zest of 1 lemon
- Salt and pepper, to taste

Dressing Coating

- 1 tbsp. MasterFoods[™] Professional Whole Egg Mayonnaise
- 2 tbsp. MasterFoods[™] Professional Caesar Salad Dressing
- Few sprigs of fresh oregano leaves

Cooking Instructions:

1. Heat frying/griddle pan medium to high add 1 tbsp. olive oil.
2. Season steak and cook to your liking – 4 to 6 minutes medium-rare. Rest steak for 6 minutes.
3. In a clean frying pan heat olive oil on medium. Add panko crumbs and dried oregano and stir until toasted golden, around 3 to 5 minutes. Remove from heat and toss in the lemon zest.
4. Slice the rested steak into strips, keeping together in the original shape. Coat evenly with a thin layer of dressing mixture and liberally sprinkle over the herb crust all over until well covered.
5. Serve with extra Caesar dressing on the side.

Tips

1. Replace beef with a pan-fried cauliflower steak for a vegetarian option.
2. Switch out the Caesar and mayonnaise coating with aioli for a lovely garlic flavour.
3. Replace dried oregano with cumin or smoked paprika for a lovely smoky flavour.

More Recipes Like This



[Choc-Berry Bircher Muesli](#)

Cooking time

10 min

Ingredients

11 items



[Shredded Barbecue Chicken Pancakes](#)

Cooking time

60 MINS

Ingredients

8 items



[Gua Bao Buns](#)

Cooking time

10 min

Ingredients

11 items



New York Inspired Tagliatelle Pasta

Cooking time

15 minutes

Ingredients

9 items

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