

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® Oregano Leaves

- Zest of 1 lemon
- Salt and pepper, to taste

#### Dressing Coating

- 1 tbsp. MasterFoods® Whole Egg Mayonnaise
- 2 tbsp. MasterFoods® 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.

---

#### Source URL:

<https://www.masterfoodspprofessional.com.au/recipes/herb-and-panko-crusted-beef-rump-steak>