

MasterFoodsTM

PROFESSIONAL

Herb and Panko Crusted Beef Rump Steak
RECIPE

Herb and Panko Crusted Beef Rump Steak



<?xml version="1.0"?>

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.

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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

PRODUCTS USED



MasterFoods Professional Caesar Salad Dressing 2.6kg

[SEE DETAILS](#)



MasterFoods Professional Gluten Free Whole Egg Mayonnaise 2.2kg

[SEE DETAILS](#)

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. 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. 5
Serve with extra Caesar dressing on the side.

Tips

1. 1
Replace beef with a pan-fried cauliflower steak for a vegetarian option.
2. 2
Switch out the Caesar and mayonnaise coating with aioli for a lovely garlic flavour.
3. 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

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[Shredded Barbecue Chicken Pancakes](#)

Cooking time

60 MINS

Ingredients

8 items

[SEE DETAILS](#)



[Gua Bao Buns](#)

Cooking time

10 min

Ingredients

11 items

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[New York Inspired Tagliatelle Pasta](#)

Cooking time

15 minutes

Ingredients

9 items

[SEE DETAILS](#)

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