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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