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The Housewives Choice Grilled sirloin of Blonde

Ingredients: For 2 people

2 Pieces beef approx 200g

1 Cup of béarnaise sauce

100g Mushrooms

8 Asparagus and / green beans

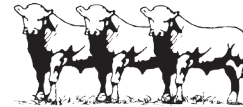
4 Dried cherry tomatoes

1 Clove of garlic

1/2 Teaspoon thyme

Salt and pepper

Oil for frying

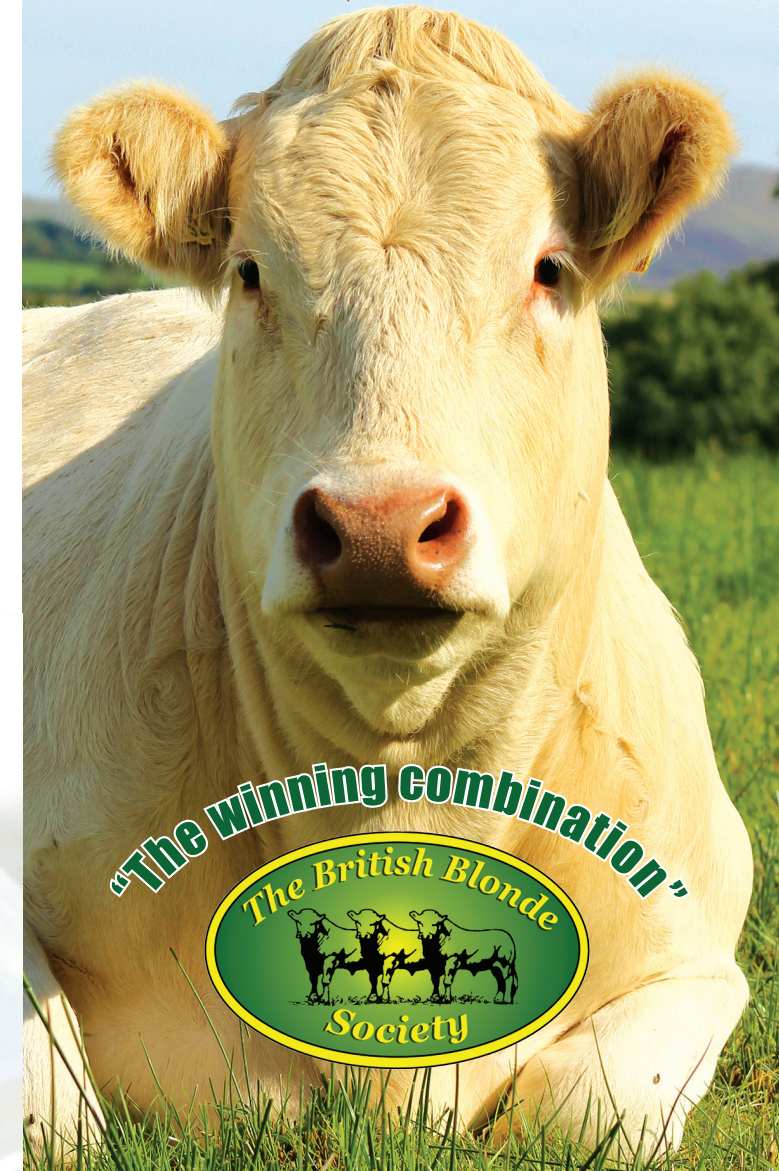


Grill steaks on medium to low heat for 5 minutes. Cooking times vary with the thickness of the steak. When it turns about 64°C the steak is medium roasted, that is pink but not bloody in the middle. Halve the mushrooms and fry them lightly with a clove of garlic, tomatoes and thyme, boil the green vegetables, and warm up the sauce.

Recipe Courtesy of www.brodr-ringstad.no



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