

Steak sandwiches with green goddess dressing & pickled onion

Ingredients: (Serves 4)

1 red onion, thinly sliced
¼ cup red wine vinegar
1 teaspoon caster sugar
pinch of salt
½ cup reduced-fat Greek yoghurt
small handful parsley leaves
small handful basil leaves
1 garlic clove
2 anchovies
2 teaspoons Dijon mustard
1 tablespoon olive oil
2x 200g beef steaks (eg. scotch fillet, porterhouse)
1 avocado, thinly sliced
1 baby cos lettuce, leaves separated
8 thick slices of wholegrain sourdough bread

Method:

1. For the pickled onion, combine red onion, vinegar, sugar and a good pinch of salt in a small bowl. Set aside for 15 minutes or until onion has slightly softened.
2. Meanwhile, combine Greek yoghurt, parsley, basil, garlic, anchovies and mustard in a small food processor. Blitz until smooth, then taste for seasoning.
3. Heat oil in a large frying pan over medium-high heat. Cook steak fat side down for 1-2 minutes or until fat has rendered and is golden. Cook steak for 2-3 minutes each side or until cooked to your liking. Remove steak from pan, season with salt and allow to rest before slicing.
4. Toast sourdough bread in a toaster or under the grill. Generously spread the bottom piece of bread with green goddess dressing, then top with sliced steak, pickled onion, avocado and cos lettuce leaves. Top with second piece of bread and serve immediately.