

Autumnal Spicy Beef Caesar Salad

Serves 4-6

Preparation time: 15 min

Cooking time: 10min

Ingredients:

Dressing:

250g mayonnaise

30g Dijon mustard

30ml white wine vinegar

Salt and pepper

1 clove garlic

100g grated parmesan

1 tsp cayenne pepper

Salad:

8 baby gem leaves

1 finely sliced red onion

Parmesan shavings

Croutons to serve

Beef:

3 x 175g aged rump steaks

Oil for cooking

1 tbsp smoked paprika

1tsp dried thyme



Method:

- 1 Blend the mayonnaise, parmesan and vinegar until very smooth, either in a blender or in a bowl.
- 2 Add the rest of the dressing ingredients, including a splash of water.
- 3 Rub the paprika and dried thyme onto the steak, season well, then rub with oil and barbecue for about 3 minutes on each side. Once cooked, slice up the meat.
- 4 Toss the baby gem leaves and red onion in the dressing, and then layer up the leaves, onion, croutons, and sliced meat onto a plate and scatter with parmesan shavings.

Tip: Best served immediately. If preparing to eat out of home, make sure all parts totally cool. For best results, keep all in separate pots and assemble together just before eating.

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